

January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35-6:20am	R-I Training (Ashilyn)	Spin Cycle! (Ruth)	Strength 101 (Ashilyn)	Spin Cycle! (Ruth)	R-I Training (Ashilyn)		
8:00-8:45am	Water Exercise (Linda)	Water Exercise (Linda)				Fitness Yoga* (Rotating Instructor)	
9:00-9:45am							
10:00-10:45am	Ageless Yoga (Linda)	Clarinda Pump (Linda)	Ageless Yoga (Leona)		Ageless Yoga (Leona)		
5:15-6:00pm			Deep Water (Jake)				
6:00-6:45pm	R-I Training (Jessica)	Fitness Yoga - 6-7 p.m. (Julie)	Zumba Gold® (Jessica)	Fitness Yoga - 6-7 p.m. (Jessica)			
7:00-7:35pm			XPress Spin Cycle! (Jessica)				

Updates & Information...

- * Check out our expanded evening class options!
- * Join Ruth for another morning of Spin Cycle! - Thursdays at 5:35 a.m.
- * 8:00 a.m. Water Exercise classes will be held on Monday and Tuesday mornings until further notice.
- * 9:00 a.m. Zumba Gold® will no longer meet. Check out Wednesday evening Zumba Gold® class instead!
- * Clarinda Pump class will only meet on Tuesdays at 10:00 a.m. until further notice.

Questions? Contact us!

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