



2025

HAPPY NEW YEAR

NEW YEAR'S DAY SCHEDULE

WEDNESDAY, JANUARY 1

CLUB 7:00AM-4:00PM
TENNIS 7:00AM-4:00PM
KIDS' CLUB/YAC 8:00AM-1:00PM

8:00 - 8:45 AM	Total Body Fit 	Emma	Studio 1
8:00 - 8:55 AM	Barre	Rachel	Studio 2
9:00 - 9:45 AM	Rebound45	Kass	Studio 2
9:00 - 9:55 AM	Barre	Ruby	Opal
9:00 - 10:15 AM	Thermal 75	Tonya	JADE
9:00 - 10:00 AM	Shallow Water	Marlene	POOL
9:30 - 10:30 AM	Ride	Barbara	Cyc
9:30 - 10:30 AM	Total Body Cardio 	Monica M	Studio 1
10:00 - 10:55 AM	Barre	Ruby	Opal
10:45 - 11:45 AM	Yoga Basics	Ariella	JADE
10:00 - 11:00 AM	HIT FIT	Geraldine	SGPT
11:30 AM - 12:30 PM	Barre	Lindsey	Opal
12:00 - 12:45 PM	LIIT	Judy	Studio 2
12:00 - 1:00 PM	Align and Flow	Julia	JADE
12:00 - 12:45 PM	\$PWR45\$	Brock	SGPT
12:15 - 12:45 PM	LM GRIT	Payton	Studio 1
12:45 - 1:15 PM	LM CORE	Payton	Studio 1

Jade INDICATES HEATED CLASS \$ INDICATES PAID PROGRAMMING  INDICATES LIVESTREAM

 SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES