# NEW YEAR'S DAY

## SCHEDULE

MONDAY, JANUARY 1

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

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|---|---|---|---|
| 8:00-8:45AM | Total Body Fit | Emma | STUDIO 2 |
| 8:00-8:55AM | Barre | Gianna | OPAL |
| 8:30-9:30AM | HIIT | Jim & Geraldine | STUDIO 1 |
| 9:00-9:45AM | Rebound 45 | Emma | STUDIO 2 |
| 9:00-9:55AM | Barre | Gianna | OPAL |
| 9:00-9:55AM | Pilates Reformer $ | Julie | SWAN |
| 9:00-10:15AM | Thermal 75 | John | JADE |
| 9:00-10:00AM | Shallow Water | Crystal | POOL |
| 9:30-10:30AM | BODYPUMP | Jim & Geraldine | STUDIO 1 |
| 10:00-11:00AM | Barre | Stephanie | STUDIO 2 |
| 10:30-11:00 | Cardio30 | Jim & Geraldine | STUDIO 1 |
| 10:45-11:45AM | Yoga Basics ▶ | John | JADE |
| 11:00-11:30AM | Core30 | Jim & Geraldine | STUDIO 1 |
| 12:00-12:45PM | LIIT | Elena F | STUDIO 2 |

Jade INDICATES HEATED CLASS $ INDICATES PAID PROGRAMMING ▶ INDICATES LIVESTREAM

SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES

No Pilates Reformer or Boxing classes will be offered this day.

CLUB GREENWOOD