



JANUARY

Group Fitness Schedule 2019

Class Procedure
 1. Check-in at Gym.
 2. Pick-up "Class Card"
 3. Give card to instructor in Group Exercise Building.

(302)539-8282

View Schedule On Line At www.worldgymbethany.com

and Check Us Out on Facebook (search-World Gym Fitness Centers Bethany)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7:00am Cycle 45 w/ Dan 1/21-NoClass						
8:00am Pilates Barre w/ Val	8:15am Total Body Condition 45 w/ Val	8:00am Cycle 45 w/ Dan 1/23- No Class	8:00am  w/ Neil 1/31-w/Gini	8:00am Cycle 45 w/ Dan	8:00am Barre Fit 45 w/ Donna	
9:15am Total Body Conditioning w/ Val	9:15am Beginners Yoga 75 w/ Lisa 1/1/19- w/ Tina	9:00am Barre Sculpt w/ Val	9:15am Yoga Flow w/ Lisa 1/3- Beginner Yoga w/ Tina	9:15am Step Sculpt and Sweat w/ Val Jan. 4 & 18th with Donna	9:00am  w/ Charlotte 1/19-w/ Donna	9:30am Total Body Condition w/ Val Jan. 20th Special Barre with Val
10:30am Yoga Stretch & Core w/ Neil	10:30am  w/ Charlotte	10:15am Pilates 45 Core & Stretch w/ Val	10:30am Yin Yoga w/ Lisa 1/3-Yoga Flow w/ Tina	10:30am Gentle Yoga w/ Tina	10:05am  w/ Julie	10:45am Yoga Butt Abs w/ Val
				4:15pm  w/ Jen D	★ CLASS CHANGES ★ New Years Hours Mon. 12/31 - 6am - 6pm Tues. 1/1/19 - 8am - 6pm Mon. at 5:15PM is now Cardio Core and More class with Jen Monday's at 9:15am is now Total Body Conditioning Class with Val Wed. Jan. 16th at 6:30PM Special Cycle 90 with Jen	
★ 5:15pm ★ Cardio Core and More w/ Jen D.	5:15pm Barre w/ Val 1/1/19-No Class Jan. 15 & 29th with Donna	5:15pm  w/ Jen D.	5:00pm Total Body Circuit Blast w/ Jen D.	5:30pm Cycle 60 w/ Jen D		
6:30pm Cycle 60 w/ Jen D.	6:30pm Yoga Flow with Deb F. 1/1/19-No Class 1/15- w/ Tina 1/22- w/ Tina 1/29- w/ Donna	6:30pm Cycle 60 w/ Jen D. Jan. 16th Special Cycle 90	6:30pm  w/ Charlotte			