

# JESS ODOM COMMUNITY CENTER

# JANUARY

FRESH FITNESS CLASSES SCHEDULE

LOOK FOR NEW CLASSES COMING SOON!!

MORNING GYMNASIUM

	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>
	<b>5:30-6:15am</b> BASIC TRAINING Danielle	<b>5:30-6:15am</b> CORE CONDITIONING DANIELLE	<b>5:30-6:15am</b> BASIC TRAINING Danielle	<b>5:30-6:15am</b> CORE CONDITIONING Danielle	<b>5:30-6:15am</b> BASIC TRAINING/ TURBO KICK Hillary	
	<b>8:15-9:00am</b> ZUMBA Misti	<b>8:15-9:00am</b> PILATES DANIELLE	<b>8:15-9:00am</b> STEP OR NO-STEP Misti	<b>8:15-9:00am</b> PILATES WITH TOYS Danielle	<b>8:15-9:00am</b> INTERVAL CLASS Misti	<b>8:15-9:00am</b> TURBO-KICK Hillary
	<b>9:00-9:30am</b> ABS/LEGS Misti	<b>9:15-10:00am</b> BODY TONING Misti	<b>9:00-9:30am</b> ABS/ARMS Misti	<b>9:15-10:00am</b> BODY TONING Misti	<b>9:00-9:30am</b> ABS/GLUTES Misti	<b>9:15-10:00am</b> YOGA Amanda
		<b>10:00-10:45am</b> YOGA Jeannie		<b>10:00-10:45am</b> YOGA Jeannie		<b>10:30-11:15am</b> ZUMBA Misti
	<b>5:45-6:30pm</b> ZUMBA Misti		<b>5:45-6:30pm</b> ZUMBA Misti			
	<b>6:30-7:15pm</b> PILATES/YOGA Danielle		<b>6:30-7:15pm</b> PILATES/YOGA Danielle			
	<b>7:15-8:15pm</b> TURBO-KICK Hillary		<b>7:15pm-8:15pm</b> TURBO-KICK Hillary			

**CLASSES ARE \$7.00 EACH**  
**MONTHLY FITNESS PASS**  
 (ALLOWS PARTICIPATION IN ALL FITNESS CLASSES FOR THE MONTH)  
 W/HEALTH CLUB MEMBERSHIP \$40.00  
 (\$35.00 autodraft)  
 W/O HEALTH CLUB MEMBERSHIP \$50.00  
 (\$45.00 autodraft)  
 SENIOR FITNESS PASS  
 (62 yrs and older) \$25.00