






# PARAMOUNT SPORTS COMPLEX ~ JANUARY 2019 ~ FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>HRS: Monday – Friday: 5am – 9pm ~ Saturday: 7am – 5pm ~ Sunday: 10am – 5pm</b></p> <p><b>Class Location Key: A= Studio A on Fitness Center side of the building ~ B= Studio B- located on gymnastics side of the building ~ FC = Class held in the Fitness Center ~ T = class held on the turf ~ IC= Indoor Cycling Room. Junior Members are permitted in approved classes as noted on the schedule by a (JM). Junior Members must be accompanied by a parent at all times in the Fitness Center and in fitness classes.</b></p>		 <p><b>Welcome 2019! Open 8am – 12pm Class with Janelle at 8:15am – Cardio, Strength and Abs (A)</b></p>	<p>2 5am SYNERGY – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am Gentle Yoga – Joni (A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) <b>NEW 6:15pm Core De Force – Kristie (B)</b> <b>NEW 7pm Cardio Jab – Reneen (B)</b></p>	<p>3 5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am <b>Forever Young-</b> Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p>	<p>4 5am Tabata - Janelle (A) 9:15am – Power Step plus Strength – Tina (A) 10:15am Core and Deep Stretch– Wendy (A) <b>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min)</b> <b>NEW 4:30pm New Year New You (total body workout) – Erin (A)</b></p>	<p>5 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b> <b>9:15am Total Body Blast – Reneen (A)</b>  <b>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min)</b></p>
<p>6</p>	<p>7 5am Pump It Up! Ed 5:15am Jab Attack plus Abs – Amy (B) 9:30am Beats! Plus Strength–Tina (FC) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Tabata plus Core- Lynn (A)(JM) 6pm Cardio Jab - Reneen (B) (JM) 6:30pm Latin Dance Fusion – Tracey (A) 7pm Yoga –Gary (B) (JM)</p>	<p>8 5am Cardio &amp; Strength – Janelle( A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) 5:30pm Cardio, Strength and abs – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) <b>NEW 7pm Latin Dance Fusion – Tracey (A)</b></p> 	<p>9 5am SYNERGY – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am Gentle Beats! &amp; Tone – Tina (A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) <b>NEW 6:15pm Core De Force – Kristie (B)</b> <b>NEW 7pm Cardio Jab – Reneen (B)</b></p>	<p>10 5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am <b>Forever Young-</b> Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p>	<p>11 5am Tabata– Janelle (A) 9:15am – Muscle Pump – Tina (A) 10:15am Pilates/Yoga Fusion – Wendy (A) <b>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min)</b> <b>NEW 4:30pm New Year New You (total body workout) – Erin (A)</b></p>	<p>12 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b></p> 
<p>13</p>	<p>14 5am Pump It Up! Ed 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Triple Strength Sets –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Cardio Jam &amp; Pilates– Lynn (A)(JM) 6pm Tabata - Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p>	<p>15 5am Cardio &amp; Strength– Janelle( A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) 5:30pm Cardio, Strength and abs TABATA Style – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) <b>NEW 7pm Latin Dance Fusion – Tracey (A)</b></p>	<p>16 5am SYNERGY – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am <b>Forever Young</b> – Mary(A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) <b>Note Format Change: 6:15pm Tabata-Dianne (B)</b> <b>NEW 7pm Cardio Jab – Reneen (B)</b></p>	<p>17 5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am <b>Forever Young-</b> Mary (A) <b>Note Format Change: 5:15pm Tabata plus Core- Lynn(A)(JM)</b> 6pm Latin Dance Fusion -Tracey (A) 7pm Yoga – Gary (A)</p>	<p>18 5am Tabata - Janelle (A) 9:15am Total Body Blast - Reneen(A) 10:15am Core and Deep Stretch– Wendy (A) <b>NEW 4:30pm New Year New You (total body workout) – Erin (A)</b></p>	<p>19 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b> <b>9:15am Latin Dance Fusion – Ellen (A)</b> <b>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min)</b></p>
<p>20</p>	<p>21 5am Pump It Up! Ed 9:30am Muscle Pump–Tina (FC) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Tabata plus Core- Lynn (A)(JM) 6pm Cardio Jab – Reneen (B) (JM) 6:30pm Latin Dance Fusion – Gemma(A) 7pm Yoga –Gary (B) (JM)</p>	<p>22 5am Cardio &amp; Strength– Janelle( A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) 5:30pm Balls, Bars &amp; Bands – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) <b>NEW 7pm Latin Dance Fusion – Tracey (A)</b></p>	<p>23 5am SYNERGY – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am Gentle Yoga – Joni(A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) <b>NEW 6:15pm Core De Force – Kristie (B)</b> <b>NEW 7pm Cardio Jab – Reneen (B)</b></p>	<p>24 5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am <b>Forever Young-</b> Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p>	<p>25 5am Tabata– Janelle (A) 9:15am Step Drills and Strength- Tina (A) 10:15am Pilates/Yoga Fusion – Wendy (A) <b>NEW 4:30pm New Year New You (total body workout) – Erin (A)</b></p>	<p>26 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b></p>
<p>27</p>	<p>28 5am Pump It Up! Ed 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Swing, Slam, Jump –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Cardio Jam &amp; Pilates– Lynn (A) 6pm Tabata - Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p> 	<p>29 5am Tabata – Janelle( A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) 5:30pm Cardio, Strength and abs – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) <b>NEW 7pm Latin Dance Fusion – Tracey (A)</b></p>	<p>30 5am SYNERGY – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am Gentle Yoga– Joni(A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) <b>NEW 6:15pm Core De Force – Kristie (B)</b> <b>NEW 7pm Cardio Jab – Reneen (B)</b></p>	<p>31 5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am <b>Forever Young-</b> Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p> 	<p><b>Junior Members are permitted in approved classes as noted on the schedule by a (JM). Junior Members must be accompanied by a parent at all times in the Fitness Center and in fitness classes.</b></p> <p>For the safety of your children, make sure they are trained properly on the gym equipment. Gym Orientations are included with all new memberships. Additional Training opportunities are available thru our personal training staff.</p>	

Schedule subject to change – check the Bulletin Board at the bottom of the ramp, just outside the fitness center doors, for changes/additions.