

# FWF Wellness, 211 Desmond Street, Sayre, PA

## January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:15 am Rockin' Ride w/Jenn	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm STRONG w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing w/Kristina 7:15 pm Rockin' Ride w/Rachel	5:15 am Power Circuit * w/Shannon A 8:15 am STRONG w/Nicole 9:15 am Rockin' Ride w/Jenn 10:15 am Stability Ball w/Jenn 12-2 pm Open Gym 5:30 pm Rockin' Ride w/Rachel 6:00 pm Pound the Pvmnt w/Annie	7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon H
5	6	7	8	9	10	11
8:00 am Rockin' Ride w/Kirsten 9:15 am STRONG w/Nicole 10:30 am Rockin' Ride w/Kristina	5:15 am TRANSFORM w/v w/Abby 5:50 am STRONG 30 w/Wendy 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 6:00 pm Pound the Pvmnt w/Annie 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Nicole 8:15 am Total Body Pilates w/Jen M 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Rachel	5:15 am STRONG 30 w/Wendy 5:50 am TRANSFORM w/Abby 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 5:00 pm STRONG w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing w/Kristina 7:15 pm Rockin' Ride w/Kirsten	5:15 am Rockin' Ride w/Shannon 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 6:00 pm Pound the Pvmnt w/Annie 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit * w/Shannon A 8:15 am STRONG w/Nicole 9:15 am Rockin' Ride w/Jenn 10:15 am Stability Ball w/Jenn 12-2 pm Open Gym 5:30 pm Rockin' Ride w/Rachel 6:00 pm Pound the Pvmnt w/Annie	7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon H
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
8:00 am Rockin' Ride w/Kirsten 9:15 am STRONG w/Nicole 10:30 am Rockin' Ride w/Nicole	5:15 am TRANSFORM w/v w/Abby 5:50 am STRONG 30 w/Wendy 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 6:00 pm Pound the Pvmnt w/Annie 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 8:15 am Total Body Pilates w/Jen M 9:15 am Stability Ball w/Jenn 10:30 pm Rockin' Ride w/Kirsten 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	5:15 am STRONG 30 w/Wendy 5:50 am TRANSFORM w/Abby 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 5:00 pm STRONG w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 6:00 pm Pound the Pvmnt w/Annie 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit * w/Shannon A 8:15 am STRONG w/Nicole 9:15 am Rockin' Ride w/Jenn 10:15 am Stability Ball w/Jenn 12-2 pm Open Gym 5:30 pm Rockin' Ride w/Rachel 6:00 pm Pound the Pvmnt w/Annie	7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Zumbini w/Amanda 11:30 am Pound w/Shannon H
26	27	28	29	30	31	
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All Rockin' Ride classes and Power Circuit require advanced reservations.