

SESSION 1: January 4 – February 14 | **SESSION 2:** February 15 – March 28

Registration is open now. These classes are not included in your membership, require registration and are available for an additional cost.

Uptown Specialized Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 pm		Boot Camp (G) Diana	Beginning Kettlebell (C) Anna		
7:00 pm	Beginning Kettlebell (C) Mary				

WEEKEND

TIME	SATURDAY	SUNDAY
10:00 am	Intermediate Yoga (C) Lisa	Beginning Kettlebell (C) Anna

Location: (C) = Studio C, (G) = Gym

Uptown TRX Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Uptown	TRX 5:00 pm (FF) Mary	TRX 11:30 am (FF) Diana	TRX 7:30 pm (FF) Nicole	TRX 7:00 pm (FF) Anna	

Location: (FF) = Fitness Floor

WEEKEND

LOCATION	SATURDAY	SUNDAY
Uptown	TRX 9:00 am (FF) Brent	

Uptown Pilates Reformer Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Uptown		Intermediate Reformer 7:00 am (P) Mary	Intermediate Reformer 5:30 pm (P) Adrienne	Essential Reformer 10:00 am (P) Mary	Jumpboard 5:30 pm (P) Anna

Location: (P) = Pilates Studio

WEEKEND

LOCATION	SATURDAY	SUNDAY
Uptown	Essential Reformer 11:00 am (P) Adrienne	Jumpboard 1:00 pm (P) Anna