






















# GROUP EXERCISE

TRI-STATE  
ATHLETIC CLUB




(812) 479-3111  
tristateathleticclub.com

## January 2018 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		 Brittney/Cutee		 Cutee/Brittney			
7:30am						 BethS/Nick/Alison	
8:00am						 Kathy/BethS/Niki	
8:30am	 Christy/BethS	 BethB/BethS	 Christy/BethS	 BethS/BethB	 BethS/BethB Alison		
9:00am						 Nick/Britt/Cutee	
9:30am	 BethB/Alison BethS	 Niki/BethB BethS/Kathy	 BethB/Alison BethS	<b>T.B.T</b> Total Body Training Dylan/Alison Christy	 Niki/BethS		
10:15am			 BethB/Alison BethS/Christy				
10:30am	<b>*Mat Pilates</b> Kathy/BethS				<b>*Mat Pilates</b> Niki/Kathy		
11:00am			<b>*Simply Stretch</b> Kathy			<b>Chun Ji do</b>	
1pm	<b>Men @ Work</b> Jesse	<b>Silver Fit</b> Nancy	<b>Silver Stretch</b> Niki/Sydney <b>Men@Work</b> - Jesse	<b>Silver Fit</b> Sydney/Nancy BethB	<b>Men @ Work</b> Jesse		
3pm							 BethB/BethS Niki
5:30pm	 BethS/BethB Kathy/Niki	 Cutee/BethS Nick	 BethS/Niki Christy	 Alison/Nick Cutee			
6:15pm		 Cutee/BethS/Nick		<b>Chun Ji do</b>			
7:00pm		<b>Chun Ji do</b>					

## Cycling and Barre Schedule

Studio B

5:30am			<b>Cycle</b> - Jill				
8:30am <small>New time on Tuesday</small>		 Alison/Christy		 Christy/Sydney/Alison		<b>8am Cycle</b> Natalie/Mike/Christy/Alison	
9:30am	<b>Cycle</b> Alison/Sydney/Christy		<b>Cycle</b> Christy/Alison	<b>totalbarre</b> Stretch Christy/Katie/Kathy		<b>9am totalbarre</b> Kathy/Katie	
5:30pm	 Cutee	<b>totalbarre</b> Kathy/Katie	<b>Cycle</b> Natalie				

## Water Fitness Schedule

Pool

8:30am	<b>Aqua Intervals</b> Nancy		<b>Hydro-Force</b> BethS/BethB		<b>H2O Circuits</b> Alison/BethS/BethB	<b>9am Aqua Intervals</b> Brittney/Nancy	
1:00pm	<b>Aqua Intervals</b> Sydney/BethS		<b>Pure Cardio</b> Nancy		<b>H2O Circuits</b> Brittney		
5:30pm				<b>Aqua Intervals</b> Natalie/Brittney	** Please see reverse side for special announcements and class descriptions * Classes meet in the Yoga Studio		