



JANUARY 2012 HAPPY NEW YEARS

ProHealth Fitness
280 N. Pointe Blvd
Mt. Airy, NC 27030

Mon	Tue	Wed	Thu	Fri	Sat
5:15AM Body Pump (LA)	5:30AM Bootcamp (Lobby)	5:00AM Run Club(Lobby)	5:15AM Body Pump (LA)	5:00AM Run Club (Lobby)	Jan. 7th and 21st ZUMBA 9:00 AM (G2)
9:00AM CardioAbs (SA)	9:00AM Water Aerobics (PL)	5:15AM Spin (SA)	9:00AM Water Aerobics (PL)	5:15AM Spin (SA)	Jan. 14th and 28th CARDIO BLAST 9:00 AM (LA)
9:00AM Water Aerobics (PL)	9:00AM Joint Mobility (LA)	9:00AM Water Aerobics (PL)	9:00AM Joint Mobility (LA)	9:00AM CardioBlast (LA)	
10:00AM Joint Mobility (LA)	10:15AM Senior Splash (PL)	9:00AM CardioAbs (LA)	10:15AM Senior Splash (PL)	9:45 Yoga Gold (SA)	10:00 AM Funct. Fit (LA)
10:00AM Zumba Gold (G2)	12:30PM Abs Express (SA)	11:00AM SilverSneakers (LA) Strength/Movement	12:30PM Yoga (SA)	11:00AM Silver Sneaker (G2) Yoga/Stretch	10:00 Traditional Mart. Arts (SA)
11:00AM SilverSneaker (LA)Strength/Movement	4:00PM After-School Swim	12:30PM Sculpt&Tone (SA)	5:00PM 7-11 Mart. Arts (G1)	5:30 Joint Mobility (SA)	
12:30PM S-Cardio (SA)	5:30PM Water Aerobics (PL)	5:30PM Zumba (G2)	5:30PM Water Aerobics (PL)	6:00 pm Circuit (LA)	
5:30PM Zumba (G2)	5:30PM Spin (MP)	5:30PM Yoga (SA)	5:30PM Pure Cardio (LA)		
5:30PM Water Aerobics (PL)	5:30PM Kickboxing (LA)	6:30PM Ladies Mart. Arts (G1)	5:30 PM Spin (SA)		
6:15PM Body Pump (LA)	5:00PM 7-11 Mart. Arts (G1)	7:00PM Functional Fit (LA)	6:30PM Adult Ju-Jitsu (G1)		
6:30PM Adult Ju Jitsu (G1)	7:00PM CardioBlast (LA)		7:00PM CardioBlast (LA)		
6:30PM Ladies Mart. Arts (G1)	7:00PM AAU Wrestling (G1)		7:00PM AAU Wrestling (G1)		
7:30PM Adult Mart. Arts (G1)			7:30PM Adult Mart. Art (G1)		

SA=Small Aerobics Room
LA=Large Aerobics Room
G1=Gym Side 1
G2=Gym Side 2
PL=Pool
MP=Multi-Purpose Room



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*AEROBICS *SPIN	9:00AM CardioAbs 10:00AM Zumba Gold 12:30PM S-Cardio 5:30PM Zumba	12:30AM Abs Express 5:30PM Spin 5:30PM Kickboxing 7:00PM CardioBlast	5:00AM Run Club 5:15AM Spin 9:00AM CardioAbs 10:00AM Zumba 12:30PM Sculpt&Tone 5:30PM Zumba	5:30 PM Spin 5:30 PM Pure Cardio 7:00PM CardioBlast	5:00AM Run Club 5:15AM Spin 9:00AM CardioBlast 6:00 pm Circuit	Jan. 7th and 21st ZUMBA 9:00 AM Jan. 14th and 28th CARDIO BLAST 9:00 AM
*BODY PUMP *BOOTCAMP *FUNCT. FIT	11:00AM SilverSneaker Strength/Movement 5:15AM Body Pump 6:15PM Body Pump	5:30AM Bootcamp	11:00AM SilverSneakers Strength/Movement 7:00PM Functional Fit	5:15AM Body Pump	6:00 pm Circuit	10:00AM Funct. Fit
*MARTIAL ARTS *WRESTLING	6:30PM Adult Ju Jitsu 6:30PM Ladies Mart. Arts 7:30PM Adult Mart. Arts	5:00PM 7-11 Mart. Arts 6:30PM Trad. Mart. Art 7:00PM AAU Wrestling	6:30PM Ladies Mart. Arts	5:00PM 7-11 Mart. Arts 6:30PM Adult Ju-Jitsu 7:00PM AAU Wrestling 7:30PM Adult Mart. Art		10:00 Trad. Mart Art
*YOGA *INTUFLOW *WATER	9:00AM Water Aerobics 10:00AM Joint Mobility 5:30PM Water Aerobics	9:00AM Water Aerobics 9:00AM Joint Mobility 10:15AM Senior Splash 4:00PM After-School 5:30PM Water Aerobics	9:00AM Water Aerobics 5:30PM Yoga	9:00AM Water Aerobics 9:00AM Joint Mobility 10:15AM Senior Splash 12:30PM Yoga 5:30PM Water Aerobics	9:45 Yoga Gold 10:00AM Water Aerobic 11:00AM Silver Sneaker Yoga/Stretch 5:30PM Joint Mobility	