



New Leaf FITNESS and SPA

newleaffitnessandspa.com

618.707.2400

January Class Schedule

MONDAY

8:15 AM	Row & Strength	Morgan Arnold
9:30 AM	YogaFlow	Valerie Tingley
5:00 PM	Row & Strength	Josh DeCausey
5:45 PM	Aerial Vinyasa(Beginner Friendly)	Rachel Rudman
6:45 PM	Intermediate-Advanced Aerial Yoga	Rachel Rudman

TUESDAY

8:00 AM	Row, Reps & Rounds	Hillahn Jennings
9:00 AM	Young at Heart Steady Strength	Hillahn Jennings
9:00AM	Express Row	Josh DeCausey
9:30 AM	Slow Flow Yoga	Rachel Rudman
6:00 PM	Zumba	Sara Carroll
7:00 PM	Flexibility Yoga	Rachel Rudman

WEDNESDAY

5:00 PM	Row & Strength	Josh DeCausey
6:30 PM	Hot Yoga	Rachel Rudman

THURSDAY

8:00 AM	Row, Reps & Rounds	Hillahn Jennings
9:00 AM	Young at Heart Steady Strength	Hillahn Jennings
9:30 AM	Young at Heart Restore Yoga	Valerie Tingley
5:00 PM	Row & Strength	Josh DeCausey
5:15 PM	Zumba	Sara Carroll
6:30 PM	Aerial Conditioning	Rachel Rudman

FRIDAY

7:30 AM	Express Row	Josh DeCausey
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Saturday