

January 2021		Pierpont Group Fitness Classes					304-983-PRO1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Download Pro Performance Rx App to sign up for classes! Questions about group fitness? Contact <a href="mailto:megan@properperformanerx.com">megan@properperformanerx.com</a>	<b>Cycling Room capacity: 7 participants</b> JF-Joanne Fairbanks GP- Gabriella Pearse KZ- Kimberly Zaph MW-Megan Whritenour BM-Bobbie Miller		<b>Happy NEW YEAR!!</b>	1  12:00 PM 45 min Body Weight Burn-GP	2  9:30 AM HIIT-GP 10:30 AM Cycle+ JF	
3  Cycling 10:30 AM KZ	4  12:00 PM Total Body Workout-GP 7:00 PM Cycling-KZ	5  7:00 AM 45 min Kettlebells-MW 12:00 PM Bootcamp- GP  6:00 PM Cycling- BM	6  12:00 PM HIIT -GP 6:00 PM Cycling-KZ	7  7:00 AM Stretch and Flow-MW 12:00 PM Cycling- JF  6:00 PM Cycling- BM	8  12:00 PM 45 min Body Weight Burn-GP	9  9:30 AM HIIT-GP 10:30 AM Cycle+ BM	
10  Cycling 10:30 AM KZ	11  12:00 PM Total Body Workout-GP 7:00 PM Cycling-KZ	12  7:00 AM 45 min Kettlebells-MW 12:00 PM Bootcamp- GP 6:00 PM Cyclings-BM	13  12:00 PM HIIT -GP 6:00 PM Cycling KZ	14  7:00 AM Stretch and Flow-MW 12:00 PM Cycling- JF 6:00 PM Cycling- BM	15  12:00 PM 45 min Body Weight Burn-GP	16  9:30 AM HIIT-GP 10:30 AM Cycle+JF	
17  Cycling 10:30 AM KZ	18  12:00 PM Total Body Workout-GP 7:00 PM Cycling- KZ	19  7:00 AM 45 min Kettlebells-MW 12:00 PM Bootcamp- GP 6:00 PM Cycling-BM	20  12:00 PM HIIT -GP 6:00 PM Cycling KZ	21  7:00 AM Stretch and Flow-MW 12:00 PM Cycling- JF 6:00 PM Cyclings-BM	22  12:00 PM 45 min Body Weight Burn-GP	23  9:30 AM HIIT-GP 10:30 AM Cycle+ BM	
24  Cycling 10:30 AM KZ	25  12:00 PM Total Body Workout-GP 7:00 PM Cycling- KZ	26  7:00 AM 45 min Kettlebells-MW 12:00 PM Bootcamp- GP 6:00 PM Cycling-BM	27  12:00 PM HIIT -GP 6:00 PM Cycling KZ	28  7:00 AM Stretch and Flow-MW 12:00 PM Cycling- JF 6:00 PM Cycling-BM	29  12:00 PM 45 min Body Weight Burn-GP	30  9:30 AM HIIT-GP 10:30 AM Cycle+ BM	
						31  Cycling 10:30 AM KZ	

