

January 2022		Pierpont Group Fitness Classes					304-983-PRO1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
JF-Joanne Fairbanks GP- Gabriella Pearse KZ- Kimberly Zaph MW-Megan Whritenour GK- Gillian Krafft	Download Pro Performance Rx App to sign up for classes! Questions about group fitness? Contact megan@properperformerx.com Cycling Room capacity: 9 participants					1 Happy New Year!!	
2 New Year SPRINT Ride 10:30 AM- KZ	3 9:30 AM Total Body-GP 6:00 PM Cycling- KZ	4 9:30 AM-Resistance Training-GP 6:00 PM Bike Bootcamp-KZ	5 7:00 AM 45 min Kettlebells-MW 9:30 AM HIIT -GP 6:00 PM Cycle+-KZ	6 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	7 9:30 AM 45 min Resistance Training-GP	8	
9 Cycling 10:30 AM-KZ	10 6:00 PM Cycling-KZ	11 9:30 AM-Resistance Training-GP 6:00 PM Bike Bootcamp-KZ	12 6:00 PM Cycle+-KZ	13 9:30 AM 45 min Resistance Training-GP	14	15 10:30 AM Cycle+- JF	
16 Cycling 10:30 AM KZ	17 6:00 PM Cycling- KZ	18 9:30 AM Resistance Training-GP 6:00 PM Bike Bootcamp-KZ	19 6:00 PM Cycle+-KZ	20 9:30 AM 45 min Resistance Training-GP	21	22	
23 Cycling 10:30 AM KZ	24 6:00 PM Cycling- KZ	25 9:30 AM Resistance Training-GP	26 6:00 PM Cycle+-KZ	27 9:30 AM Total Body Workout-GP	28	29	
30 Cycling 10:30 AM KZ	31 6:00 PM Cycling- KZ	6:00 PM Bike Bootcamp-KZ					

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