<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
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<td>Yoga</td>
<td>Strong by Zumba</td>
<td>CoreSpin</td>
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<td>Dani</td>
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**Important Dates**

- **January 8th**: Group Exercise Schedule Part 1 Starts
- **January 15th**: No Classes
  - Facility Closed in observance of MLK Holiday
- **February 1st**: Creed Week: New Year's Yoga
- **March 1st**: Glow in the Dark Cycling
- **March 5th**: Group Exercise Schedule Part 2 Starts
- **March 31st-April 8th**: Modified Group Exercise Schedule
  - Spring Break
- **April 17th**: Zumba Dance Party,
  - Strong by Zumba Cancelled
- **April 30th**: Last day of Spring Group Exercise Classes
- **May 14th**: Summer Group Exercise Classes Begin

These classes are included in your student fees. No additional charge.

All classes and/or instructors are subject to cancellation or change due to environmental conditions, low participation, maintenance, renovation, facility cleaning, and/or special events.