



# New Leaf *FITNESS and SPA*

[newleaffitnessandspa.com](http://newleaffitnessandspa.com)

618.707.2400

## January Class Schedule

### MONDAY

5:30 AM	Vinyasa Yoga	Bonnie Bowman
8:15 AM	Row & Tone	Josh DeCausey
9:00 AM	Active Yoga	Valerie Tingley
4:30 PM	Row & Strength	Josh DeCausey
5:00 PM	Bike Intervals	Randy Mefford

### TUESDAY

8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	YogaFlow	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey

### WEDNESDAY

5:30 AM	Vinyasa Yoga	Bonnie Bowman
4:30 PM	Row & Strength	Josh DeCausey

### THURSDAY

5:30 AM	Hot Yoga Flex	Betsy Loeb
8:00 AM	Row & Tone	Josh DeCausey
8:15 AM	Steady Strength	Hillahn Jennings
9:00 AM	Young at Heart Restore Yoga	Valerie Tingley
4:30 PM	Row & Strength	Josh DeCausey
5:00 PM	Bike Intervals	Randy Mefford

### FRIDAY

8:00 AM	Express Row	Josh DeCausey
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### Saturday

7:30 AM	Yoga	Betsy Loeb
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