


# ON THE MOVE Class Schedule

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>ON THE MOVE starts!</b> 	2 b-Fit 24/7 Free from 7-8am 10:00 am Senior Fit @ GWC 5:15 pm Yoga @ GWC b-Fit 24/7 Zumba Class 5:30-6:30pm	3 11:30 am WA#s @ HAC Walking Track all day @ GWC b-Fit 24/7 Free from 4-6 pm b-Fit 24/7 Strength Class 5:30-6:30pm	4 11:30 am WA#s @ HAC 5:30 pm Shred @ GWC b-Fit 24/7 Zumba Class 5:30-6:30pm	5 5:15 am Body Power @ GWC b-Fit 24/7 Free from 7-8am	6
7	8 11:30 am WA#s @HAC 4pm Beginner Yoga @ GWC b-Fit 24/7 Free from 4-6 pm	9 b-Fit 24/7 Free from 7-8am 11:30 am WA#s @ HAC	10 11:30 am WA#s @ HAC Walking Track all day @ GWC b-Fit 24/7 Free from 4-6 pm 6:30 pm Cycling @ GWC	11 10:00 am Senior Fit @ GWC 11:30 am WA#s @ HAC	12 b-Fit 24/7 Free from 7-8am 11am-1pm Lap Swim @ GWC 7-9pm open swim @ GWC	13 10:00 am Equipment Tutorial @ GWC
14	15 NO SCHOOL NO WA#s Class today 8:00 am Aqua Fit @ GWC (bring your own towel) b-Fit 24/7 Free from 4-6 pm	16 b-Fit 24/7 Free from 7-8am 11:30 am WA#s @ HAC	17 11:30 am WA#s @ HAC 1pm Equipment Tutorial @ GWC Walking Track all day @ GWC b-Fit 24-7 Free from 4-6 pm	18 11:30 am WA#s @ HAC 5:30 pm Shred @ GWC	19 b-Fit 24/7 Free from 7-8am 11am-1pm Lap Swim @ GWC 7-9pm Open Swim @ GWC	20 10:00 am Beginner Cycling @ GWC *space is limited
21	22 11:30 am WA#s @ HAC 4:00 pm Beginner Yoga @ GWC 6:30pm Pickle Ball (Intro) @ REC 7pm Equipment Tutorial @ GWC b-Fit 24/7 Free from 4-6 pm	23 b-Fit 24/7 Free from 7-8am 11:30 am WA#s @ HAC	24 11:30 am WA#s @ HAC Walking Track all day @ GWC b-Fit 24/7 Free from 4-6pm	25 11:30 am WA#s @ HAC	26 b-Fit 24/7 Free from 7-8am 8:00 am AquaFit @ GWC (bring your own towel)	27
28	29 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm	30 5:30 am Shred @ GWC b-Fit 24/7 Free from 7-8am 11:30 am WA#s @ HAC	31 11:30 am WA#s @ HAC Walking Track all day @ GWC b-Fit 24/7 Free from 4-6 pm			

### OTM Class Legend

**Our classes are meant for any level of fitness and can be modified for everyone. Questions or concerns? Arrive a few minutes early to chat with your instructor.**

- WA#s** – walk away the pounds; follow along to this heart-healthy walking video
- Shred** – interval class with light weights or resistance
- Body Power** – cardio endurance combined with strength and resistance
- Aqua Fit** – water resistance aerobic exercise
- Senior Fit** – ages 50 and up; focuses on joint stability and maintaining balance
- Equipment Tutorial** – learn how to operate cardio machines, equipment and bikes
- Walking Wednesdays** –all day during the months of Jan and Feb; 11 laps = 1 mile

### OTM Location Legend

- GWC** - Gaukler Wellness Center
  - HAC** - Hi-Liner Activity Center (HAC)
  - REC** - VC Parks and Rec Center
  - Courthouse** - Barnes County Courthouse basement
  - b-Fit 24/7** - located above Central Ave. Health Mart
- \*\*Don't forget to check in at the front desk and tell them you're an OTM member! \*\***

### Incllement weather

Listen to KOVC 1490 AM for updates!  
**Questions? 845-8192**  
barnesonthemove.org