

DECEMBER FITNESS CLASS SCHEDULE

SCHEDULE SUBJECT TO CHANGE. - Appointments are not necessary to attend fitness classes.

Kids Corner



Childcare Available: Monday-Sat AM: 08:00-12:00pm / Monday-Thursday PM: 4:00-7:00pm

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45am		Power Sculpt 45 mins (Rebecca)		BODYPUMP 45 mins (Kirsten T)		
8:00am		BODYPUMP 45 mins (Michelle)				
8:15am			Mindful Mvmt (Andreea)			*Switch-Up class
8:15am	Cycling (Cynthia)		Cycling (Jamilia)		Cycling (Cynthia)	Cycling (Variety)
9:00am			Pickleball Workshop (Joe & Lisa)		Y Strength (Mary) Aerobics room	Pickleball Workshop (AI)
9:00am	BODYPUMP (Kirsten T)	SOULfusion (Allison)	Power Sculpt (Jennifer)	Full Body Circuit (Michelle)	Zumba (Donna) (Activ Rm or bball ct)	*Switch-Up class
9:00am		Cycling/9:45 AbLab (Mary)		Cycling/9:45 AbLab (Mary)		
10:00am	Barre Sculpt (Ciera)	Mat Pilates (Bobbie)		Cardio Fit (Jennifer)	Mat Pilates (Bobbie)	
10:30am			Yoga (Ester)			Yoga (Variety)
11:00am	Pickleball Open Play 11am-12	Pickleball Open Play 11am-12		Pickleball Open Play 11am-12		
11:00am	Yoga (Ester)	Strength & Balance (Sally)		Strength & Balance (Sally)	Yoga (Ester)	
12:30pm	Fit Foundations (Michelle)		Fit Foundations (Michelle)			
4:00pm				Pickleball Workshop (AI)		
4:30pm	Zumba (Donna)	*Zumba (Kristin)	SOULstrength (Allison)	*Zumba (Kristin)		
5:30pm	Power Sculpt (Ciera)	BODYPUMP (Jen)	Zumba (Lindsay)	*BODYPUMP (Jannah/Teresa)		
5:30pm	Cycling (Jannah)		Cycling (Gina)			
6:30pm	Body Combat (Karin)					
6:45pm		Yoga (Nicole)	Yoga (Ester)	Yoga (Nicole)		

*SWITCH-UP CLASS-This class rotates instructors & formats each week.