Holiday

GROUP FITNESS STUDIO 1

December 1 – January 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mat Based Pilates 7:00-8:00 am M/H Debbie M	Barre 7:00-7:55 am M/H Debbie M	Yin Yoga 7:15-8:00 am L Sheri M	Barre 7:00-7:55 am M/H Debbie M		
Reformer Level 2 8:15-9:10 am M Debbie M	Power Yoga 8:30-9:25 am H Heather C	Hatha Yoga 8:15-9:10 am L Sheri M	Low Impact Tabata 8:15-9:10 am L/M Susan V.	Reformer Level 1 9:00-9:55 am L/M Erika A	Reformer Level 1 8:30-9:25 am L/M Jennifer C
Reformer Level 1 9:30-10:25 am L/M Debbie M	Reformer Level 1 10:00-10:55 am L/M Heather C	Reformer Level 2 9:30-10:25am M Debbie M	Reformer Level 1 10:00-10:55 am L/M Debbie M		Yinyasa Yoga 10:00-10:55 am L/M Erika A
AOA Reformer 11:00-11:55 am L Debbie M	Reformer Level 2 11:30-12:25 pm M Calvin B	AOA Reformer 11:00-11:55 am L Debbie M			Pilates Suspension Training (Bodhi) 10:00-10:55 am M Jennifer C (spinning room)
Reserved for a Wellness Program 1:00-2:30 pm		Reserved for a Wellness Program 1:00-2:30 pm			
Reformer Level 1 4:15-5:10 pm L/M Various					
Reformer Level 1 5:30-6:25 pm L/M Various			Reformer Level 2 5:30-6:25 pm M Various		
Gentle Yoga 6:45-7:40 pm L Audrey M	Vinyasa Yoga 5:30-6:25 pm M/H Erika A	Yoga 6:00-6:55 pm L Kathy F	Reformer Level 1 6:45-7:40 pm L/M Jennifer C		

★ ... **New Class/Time Change**

L ... Low Intensity

M ... Medium Intensity

H ... High Intensity

Programs in dark shaded boxes require a registration fee.

GROUP FITNESS STUDIO 2

				Les Mills-Core 7:15-7:45 am Marla B M/H	Les Mills-BodyPump 7:15-8:00 am (45) Marla B M/H
Low Impact Tabata 7:45-8:40 am L/M Susan V. ★	Zumba 7:30-8:25 am M Kelly S	Les Mills-BodyStep 7:45-8:40 am M/H Marla B	Zumba 7:30-8:25am M Kelly S	Les Mills-BodyStep 8:00-8:55am M/H Marla B	Zumba 8:15-9:10 am M/H Rossana P
Les Mills-Tone 9:00-9:55am M/H Eliza R	Les Mills-BodyPump 9:00-9:55 am M/H Eliza R	Sculpting 9:00-9:55 am M/H Leona S	Les Mills- BodyPump 9:00-9:55 am M/H Eliza R	Les Mills-Tone 9:00-9:45 am Laura H/ Tiffany K M/H	Les Mills-BodyPump 9:30-10:25 am M/H Tiffany K
Sculpting 10:15-11:10 am Margee D M/H	Intro to Strength Training 10:15-11:10 am M/H Calvin B	Drums Alive 10:15-11:10 am Ali J M/H	Mediative Yoga 10:15-11:10 am Kathy F L/M	Mat Based Pilates 10:30-11:25 am Erika A M/H	
Reserved for Wellness Program 11:30-12:45	SilverSneakers Chair Yoga 11:30-12:25 pm L Sheri M	Reserved for Wellness Program 11:30-12:45	SilverSneakers Chair Yoga 11:30-12:25 pm L Sheri M		
AOA Fitness 1:00-1:55 pm Linda M L	Walk Yourself Fit 1:00-1:55 pm Linda M L	AOA Fitness 1:00-1:55 pm Linda M L	AOA Scultpting 1:00-1:55 pm Linda M L	Line Dancing 1:00-1:55 pm Helen W/Gerry G L	
Les Mills-Tone 45 4:30-5:15 pm M/H Tiffany/Chrissy					
Les Mills-BodyCombat 5:30-6:25 pm Rosann/Hailey M/H	Les Mills-Core 5:30-6:15 pm Tiffany K M/H	Les Mills-BodyCombat 5:30-6:25 pm Rosann/Hailey M/H	Les Mills-BodyPump 5:30-6:25 pm Tiffany K M/H		
Tabata/Intervals 7:00-7:55pm Kathy R H	Les Mills-BodyPump 6:30-7:25 pm M/H Chrissy J	Tabata/Intervals 7:00-7:55pm Kathy R H	Zumba 6:45-7:40 pm Kelly S M/H		

For class descriptions & updates checkout out our app!

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