



December Fitness Class Schedule

Effective December 1st

* Classes Subject to Change

**** ALL CLASSES ARE \$5/CLASS FOR MEMBERS IF NOT INCLUDED IN MEMBERSHIP - NON MEMBER CLASS FEE IS \$15
NO EVENING CLASSES THURSDAY DECEMBER 24TH – NO CLASSES FRIDAY DECEMBER 25TH & SATURDAY DECEMBER 26TH
NO CLASSES THURSDAY DECEMBER 31ST – NO CLASSES FRIDAY JANUARY 1ST**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	Body Sculpt 6:30 – 7:30 (Jackie S)		Body Sculpt 6:30 – 7:30 (Jackie S)		Body Sculpt 6:30 – 7:30 (Jackie S)	
7:30 AM		Cardio Chisel 7:30 – 8:30 (Robin)		Cardio Chisel 7:30 – 8:30 (Robin)		
8:30 AM						Saturday Sweat 8:30 – 9:30 (Cherie)
9:00 AM	Cardio Strength Training 9:00 – 10:00 (Cherie)	Yoga 9:00 – 10:00 (Heidi)	STEP Mix 9:00 – 10:00 (Cherie)	Circuit Training 9:00 – 10:00 (Claire)	Cardio Body Training 9:00 – 10:00 (Cherie)	
10:00 AM	Flow Yoga 10:00 – 11:00 (Cherie)	ZUMBA 10:00 – 11:00 (Tekka)	Flow Yoga 10:00 – 11:00 (Cherie)	Absolute Abs 10:00 – 10:30 (Jackie S)	Flow Yoga 10:00 – 11:00 (Cherie)	Core * Cardio * Flex 10:00 – 11:00 (Allison)
1:30 PM						ZUMBA 1:30 – 2:30 (Kasi)
4:15 PM					Get In - Get Out Get Fit 4:15 – 4:45 (Kimie) NO CLASS 12/18	
4:30 PM	Body by Rich 4:30 – 5:30 (Rich)	Metabolic Boost 4:30 – 5:30 (Julie)	Body by Rich 4:30 – 5:30 (Rich)	Core * Cardio * Flex 4:30 – 5:30 (Allison)	Boost 45 4:45 – 5:30 (Julie)	
5:30 PM	NEW! ZUMBA 5:30 – 6:30 (Kasi) STARTS 12/7	Metabolic Boost 5:30 – 6:30 (Julie)	⚡ BOOT CAMP 5:30 – 6:30 (Rich) 12/2, 12/9 & 12/16 Metabolic Boost 5:30 – 6:30 (Julie) 12/23 & 12/30		Metabolic Boost 5:30 – 6:30 NO CLASS 12/4	
6:30 PM	Yoga 6:30 – 7:30 (Sarah)	★ BOOT CAMP 6:30-7:30 (Sue)	Yoga 6:30 – 7:30 (Sarah)	★ BOOT CAMP 6:30-7:30 (Sue)		
7:30 PM	Pilates 7:30 – 8:30 (Jackie C)	Abs/Body Sculpt 7:30 – 8:30 (Claire) NO CLASS 12/29 ZUMBA 7:30 – 8:30 (Kasi) 12/29 ONLY	ZUMBA 7:30 – 8:30 (Kasi) STARTS 12/16	Cardio Kickboxing 7:30 – 8:30 (Claire)		