

December Group Exercise Schedule


Monday

Tuesday

Wednesday

Thursday

Friday

8:30am	Strong & Sweaty Anissa Studio A (In gym 12/22)	8:30am	HIIT Leslie Large Gym	8:30am	Group Power® Leslie Studio A (No class 12/24)	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A
9:30am	CoreFusion Becky Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Sandee Studio A (NO class 12/24 or 31)	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A
	Zumba® Sandee Large Gym		Zumba Gold Toning® Sandee Studio A		Aqua Boot Camp Carol Pool (NO class 12/24 or 31)		Aqua Zumba® Sandee Pool		Aqua Zumba® Sandee Pool
10:30am	Aqua Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Missy W Pool (NO class 12/24)	10:30am	Candlelight Yoga Missy C Studio A	10:30am	Aqua Mix Missy W Pool
	Group Power® Leslie Studio A		Aqua Mix Wendy Pool		Flow Yoga Cathy Studio A (NO class 12/24)		Aqua Mix Corissa Pool		Group Power® Ella Studio A
11:45am	Aqua Zumba® Viktoria Pool	11:45am	Active for Life Wendy Studio A	11:45am	Stronger Longer Wendy Studio A (NO class 12/24 or 31)	11:45am	Active for Life Missy C Studio A	11:30am	Tai Chi Flow Sandee Studio A
	Active for Life Wendy Studio A		Group Groove® Marybeth Studio A (In Gym 12/23)		Aqua Mix Corissa Pool (NO class 12/24 or 31)		Group Cycle (45mins) Dana Cycle Studio		Saturday
12:30pm	Chair Yoga Sandee Studio A	6:35pm	Step Becky Studio A	6:35pm	Flow Yoga Cathy Studio A (NO class 12/24 or 31)	5:30pm	Group Groove® Marybeth Studio A	8:15am	Group Cycle Dana Cycle Studio
5:30pm	Group Power® Dana Studio A	<div></div> <div>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</div>				6:35pm	Group Power® Dana Studio A	8:30am	Sculpt & Tone Anissa Studio A
6:35pm	Group Cycle (45mins) Dana Cycle Studio					<div>Pickleball Tue/Thurs @9:30am - 12:30pm Gym</div> <div>Studio A will be closed 12/22-12/28 for Floor resurfacing</div> <div>Facility CLOSED 12/25 & 1/1 No classes 12/24,25,26 or 1/1</div>		9:30am	Aqua Mix Christina/Missy W Pool (NO aqua 12/27)
	Flow Yoga Cathy Studio A	Group Power® Dana Studio A							
<div>Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.</div>								10:35am	Step Becky Studio A
								11:35am	Salsa,Bachata Adam Studio A