

# HOLIDAY FITNESS SCHEDULE

Effective December 23, 2018—January 5, 2019

SUN Dec 23	MON Dec 24	TUE Dec 25	WED Dec 26	THU Dec 27	FRI Dec 28	SAT Dec 29		
Open 8:00 AM—8:00 PM	Open 8:00 AM—5:00 PM	Closed	Open 9:00 AM—5:00 PM	Open 5:30 AM—9:30 PM	Open 5:30 AM—9:30 PM	Open 6:00 AM—8:00 PM		
		<b>Christmas Day (Closed)</b>	<b>Boxing Day (No Classes)</b>	6:00—7:00 AM TRX Sm Grp Training	6:00—7:00 AM Cycle			
						7:30—8:30 AM Group Power		
9:30—10:30 AM Core	9:00—10:00 AM Cycle Zumba Sm Grp Training					9:00—10:00 AM GS for Women Sm Grp Training	9:00—10:00 AM Cycle Zumba Sm Grp Training	9:00—10:00 AM Pound Cycle
	9:05—10:00 AM Deep Aqua					9:05—10:00 AM Intro Shallow		
10:45—11:45 AM Group Strength	10:15—11:15 AM Power Yoga					10:30—11:15 AM Intro Cycle	10:05—11:00 AM Deep Aqua	
	10:30—11:30 AM Sm Grp Training							
						11:30 AM—12:30 PM Fit For Life		
	12:45—1:45 PM Yoga					1:15—2:15 PM Group Strength 50+		
	1:00—2:00 PM Chair Yoga							
	2:15—3:00 PM TRX 50+							
				5:30—6:30 PM Cycle	5:15—6:30 PM Yoga			
				7:05—8:00 PM Aqua Shallow				



# HOLIDAY FITNESS SCHEDULE

Effective December 23, 2018—January 5, 2019

SUN Dec 30	MON Dec 31	TUE Jan 1	WED Jan 2	THU Jan 3	FRI Jan 4	SAT Jan 5	
Open 8:00 AM—8:00 PM	Open 8:00 AM—5:00 PM	Open 9:00 AM—5:00 PM	Open 5:30 AM—9:30 PM	Open 5:30 AM—9:30 PM	Open 9:00 AM—9:30 PM	Open 6:00 AM—5:00 PM	
		<b>New Years Day (No Classes)</b>	6:00—7:00 AM Yoga Group Strength	6:00—7:00 AM TRX Sm Grp Training	6:00—7:00 AM Sm Grp Training Yoga Cycle		
8:00 AM—9:00 AM Yoga			7:30—8:30 AM Group Strength		7:30—8:30 AM Group Power	7:30—8:30 AM Group Power  7:35—8:30 AM Intro Aqua	
	9:00—10:00 AM Cycle Zumba		9:00—10:00 AM Sm Grp Training Cycle	9:00—10:00 AM GS for Women Sm Grp Training	9:00—10:00 AM Cycle Zumba Sm Grp Training	9:00—10:00 AM Pound Cycle	
			9:05—10:00 AM Aqua Deep Gentle Aqua		9:05—10:00 AM Gentle Aqua		
10:45—11:45 AM Group Strength	10:30—11:30 AM Sm Grp Training		10:15—11:15 AM Group Strength	10:30—11:30 AM Sm Grp Training	10:05—11:00 AM Intro Aqua	10:05—11:00 AM Deep Aqua	10:15—11:15 AM Group Strength
			10:30—11:30 AM Sm Grp Training	10:30—11:30 AM Sm Grp Training	10:30—11:15 AM Intro Cycle	10:15—11:15 AM Zumba Gold	
			11:30 AM—12:30 PM Zumba GOLD	11:30 AM—12:30 PM Fit For Life			
			1:00—2:00 PM Chair Yoga	1:15—2:15 PM Group Strength 50+	1:00—2:00 PM Chair Yoga		
			2:15—3:00 PM TRX 50+				
			3:15—4:15 PM Intro Yoga		3:15—4:15 PM Gentle Yoga		
				5:30—6:30 PM Cycle	5:15—6:30 PM Yoga		
			5:30—6:30 PM Group Power				
			6:45—7:45 PM Zumba				
				7:05—8:00 PM Aqua Shallow			
		8:00—9:00 PM Yoga					

