

Group Fitness Studio Class Schedule (December 5 - 31) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30		Group Power 60m Lyn	Cardio, Core, & More 45m Lyn	Group Power 60m Lyn			
8:15	Step 60m Debra	TABATA 45m Natalia	Step 60m Debra	TABATA 45m Natalia	ZUMBA 60m Antonio / Natalia	ZUMBA 60m Natalia /Jenny/ Elsa	
9:15		Group Power 60m Cindy		Group Power 60m Cindy			
9:30						Group Power 60m Dena / Karyn	
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		
1:00 classroom	Forever Fit 60m Aaron		Forever Fit 60m Antonio		Forever Fit 60m Aaron		
1:45							ZUMBA 60m Jenny / Natalia
3:00							Group Power 60m Karyn
4:15			Cardio Dance 60m Natalia				
4:30	TABATA 45m Antonio	Cardio, Core, & More 45m Pam		Cardio, Core, & More 45m Pam	Group Power 60m Pam		
5:30	Group Power 60m Pam		Group Power 60m Karyn				
6:30		Cardio Dance 60m Jenny		Cardio Dance 60m Jenny			
6:45	STRONG Nation 60m Elsa		ZUMBA 60m Elsa				

CYCLE Class Schedule (December 5 - 31) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Group Ride 60m Lyn		Group Ride 60m Pam		Group Ride 60m Lyn		
8:15		FreeStyle 60m Debra				Group Ride 60m Liana / Dena	
5:30		FreeStyle 60m Dena		Group Ride 60m Pam			

Mind / Body Class Schedule (December 5 - 31) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15				BARRE 60m Rachel			
9:20	Group Centergy 60m Laura	Yin Yoga 45m Pat	BARRE 60m Rachel	Yang Yoga 45m Pat	Group Centergy 60m Laura		
10:15		Yang Yoga 45m Pat		Yin Yoga 45m Pat			
10:35						Heated Yoga 60m Karyn / Pat	
4:00							Group Centergy 60m Dena
4:30		Group Centergy 60m Lyn					
5:15	Heated Yoga 60m Karyn			Heated Yoga 60m Karyn			
6:00		Yin Yoga 60m Pat					
6:30	Group Centergy 60m Dena		Group Centergy 60m Brittany				

POOL Class Schedule (December 5 - 31) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		Liquid Fitness 60m Antonio		Liquid Fitness 60m Antonio			
9:00	Arthritis Aquatics 45m Jeremy		Arthritis Aquatics 45m Jeremy		Arthritis Aquatics 45m Jeremy		
11:00	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Aaron		
5:30	Liquid Fitness 60m Antonio	Liquid Fitness 60m Tammy		Liquid Fitness 60m Brittany			