

Group Fitness Studio Class Schedule (Dec 1 - Jan 3) 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	SPORT 60m Emad	Group Power 60m Lyn	Cardio, Core, & More 45m Lyn	Group Power 60m Lyn	SPORT 60m Emad		
8:15	Step 60m Debra	TABATA 45m Jeff	Step 60m Debra	TABATA 45m Jeff	ZUMBA 60m Rachel / Antonio	ZUMBA 60m Jenny / Natalia	
9:15		Group Power 60m Cindy		Group Power 60m Cindy			
9:30						Group Power 60m Dena	
10:15		Beginner Step 45m Laura		Beginner Step 45m Laura			
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		
12:30							BOOT / STRONG 30m/30m Elsa
1:00 classroom	Forever Fit 60m Tucker		Forever Fit 60m Antonio		Forever Fit 60m Aaron		
1:45							ZUMBA 60m Natalia
3:00							Group Power 60m Karyn
4:15			ZUMBA Fusion 60m Antonio				
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	ZUMBA 60m Elsa	ZUMBA 60m Jenny	ZUMBA Toning 60m Elsa	Cardio, Core, & More 60m Jenny			

CYCLE Class Schedule (Dec 1 - Jan 3) 2025

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 Emad / Liana	
11:15		R30 - Pat		R30 - Pat			
5:30	GR / FS 60m Dena	FreeStyle 60m Dena		Group Ride 60m Pam			

Mind / Body Class Schedule (Dec 1 - Jan 3) 2025

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

POOL Class Schedule (Dec 1 - Jan 3) 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		Liquid Fitness 60m Antonio		Liquid Fitness 60m Daniela			
9:00	Arthritis Aquatics 45m Tucker		Arthritis Aquatics 45m Antonio		Arthritis Aquatics 45m Antonio		
11:00	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Tucker		Arthritis Aquatics 45m Aaron		
5:30	Liquid Fitness 60m Natalia / Antonio	Liquid Fitness 60m Muna		Liquid Fitness 60m Daniela			