

Christmas Eve Class Schedule

Sunday, December 24, 2017

CLASS	TIME	LOCATION	INSTRUCTOR
INSANITY	7:30am - 8:00am	Studio 3	Lisa
HATHA YOGA	7:30am - 8:30am	Studio 1	Julia C.
TONING AT THE BARRE	8:00am - 9:00am	Studio 2	Charlena
BODYPUMP™	8:00am - 9:00am	Studio 3	Lisa
CYCLE	8:00am - 9:00am	Cycle Studio	Theresa
AQUA SCULPT	8:00am - 9:00am	Therapy Pool	Shari
CARDIO DANCE	8:30am - 9:30am	Studio 1	Danielle
BODYCOMBAT™	9:00am - 10:00am	Studio 3	Marla
H2O BLAST	9:00am - 10:00am	Lap Pool	Lisa
ZUMBA®	9:30am - 10:30am	Studio 1	Cheryl
RESTORATIVE YOGA	9:30am - 10:30am	Studio 2	Maria
HIIT	10:00am - 11:00am	Studio 3	Erin
MEDITATION	10:30am - 11:30am	Studio 2	Angela

Have a happy and safe holiday! For Monday, December 25, (Christmas Day) we will be closed.



New Year's Eve Class Schedule

Sunday, December 31, 2017

CLASS	TIME	LOCATION	INSTRUCTOR
INSANITY	7:30am - 8:00am	Studio 3	Lisa
HATHA YOGA	7:30am - 8:30am	Studio 1	Julia C.
TONING AT THE BARRE	8:00am - 9:00am	Studio 2	Kristine
BODYPUMP™	8:00am - 9:00am	Studio 3	Lisa
CYCLE	8:00am - 9:00am	Cycle Studio	Theresa
AQUA SCULPT	8:00am - 9:00am	Therapy Pool	Shari
CARDIO DANCE	8:30am - 9:30am	Studio 1	Danielle
BODYCOMBAT™	9:00am - 10:00am	Studio 3	Marla
H2O BLAST	9:00am - 10:00am	Lap Pool	Lisa
ZUMBA®	9:30am - 10:30am	Studio 1	Cheryl
RESTORATIVE YOGA	9:30am - 10:30am	Studio 2	Maria
CIRCUIT CLASS	10:00am - 11:00am	Studio 3	Marla
MEDITATION	10:30am - 11:30am	Studio 2	Angela

Have a happy and safe holiday!



New Year's Day Class Schedule

Monday, January 1, 2018

CLASS	TIME	LOCATION	INSTRUCTOR
BRING IN THE NEW YEAR BOXING	7:30am - 8:30am	Studio 3	Stacey
BODY BLAST	9:00am - 10:00am	Studio 1	Lisa
BODYCOMBAT™	9:00am - 10:00am	Studio 3	Marla
HATHA YOGA	9:00am - 10:15am	Studio 2	Julia C.
NEW YEAR'S DAY RIDE	9:15am - 10:15am	Cycle Studio	Jodi
STRETCH WELL	10:00am - 11:00am	Studio 1	Angela
BODYPUMP™	10:00am - 11:00am	Studio 3	Marla
AQUA SCULPT	10:00am - 11:00am	Therapy Pool	Lisa
ZUMBA®	11:00am - 12:00pm	Studio 3	Barbara

Have a happy and safe holiday!

