



DECEMBER HOLIDAY SESSION

MORNING

AR-Aerobic Room MR-Multi-Purpose Room LR-Leadership Room

Mon	Tue	Wed	Thu	Fri	Sat
11 5:30 AR Cycling 8:30 pool Arthritis 10:00 AR Mash Up 10:00 MR Pilates 10:45 pool Splash Dance 11:45 AR YAT	12 5:30 AR Interval Max 5:30 pool AM Splash 8:30 pool Morning Splash 9:00 AR Cycling 9:35 pool Deep H2O 10:00 AR Cardio Dance 10:05 MR Yoga 11:00 AR BODY SHOP	13 5:30 AR Cycling 8:30 pool Arthritis 9:00 AR Step 10:00 AR Mash Up 10:00 LR Pilates 10:45 pool Splash Dance 11:45 AR YAT 12:10 AR Cycling	14 5:30 AR Interval Max 5:30 pool AM Splash 8:30 pool Morning Splash 9:00 AR Cycling 9:35 pool Deep H2O 10:00 AR Cardio Dance 10:05 MR Yoga 11:00 AR BODY SHOP	15 7:30 pool Water Class 8:30 pool Arthritis 9:00 AR Step 10:00 AR Mash Up 10:00 MR Pilates 12:10 AR Cycling	16 8:00 AR Cycling 9:00 AR TRX BLOOD DRIVE 12-6pm
18 5:30 AR Cycling 8:30 pool Arthritis 9:00 AR Step 10:00 AR Mash Up 10:00 LR Pilates 10:45 pool Splash Dance	19 5:30 AR Interval Max 5:30 pool AM Splash 8:30 pool Morning Splash 9:00 AR Cycling 9:35 pool Deep H2O 10:00 AR Cardio Dance 10:05 MR Yoga 11:00 AR BODY SHOP	20 5:30 AR Cycling 8:30 pool Arthritis 10:00 AR Mash Up 10:00 LR Pilates 12:10 AR Cycling	21 5:30 pool AM Splash 8:30 pool Morning Splash 9:00 AR Cycling 9:35 pool Deep H2O 10:00 AR Cardio Dance 10:05 MR Yoga 11:00 AR BODY SHOP	22 7:30 pool Water Class 8:30 pool Arthritis 9:00 AR Step 10:00 AR Mash Up 10:00 MR Pilates 12:10 AR Cycling	
25 CLOSED MERRY CHRISTMAS!	26 8:30 pool Morning Splash 9:00 AR Cycling 9:35 pool Deep H2O 10:05 MR Yoga	27 8:30 pool Arthritis 10:00 AR Mash Up 10:00 LR Pilates	28 8:30 pool Morning Splash 9:00 AR Cycling 9:35 pool Deep H2O 10:05 MR Yoga	29 7:30 pool Water Class 8:30 pool Arthritis 10:00 AR Mash Up 10:00 MR Pilates	30 8:00 AR Cycling

NEW SESSION BEGINS
Jan. 2



CHRISTMAS EVE – CLOSED

NEW YEARS EVE- Open 7:00 AM – 1:00 PM

CHRISTMAS - CLOSED

NEW YEARS DAY-CLOSED



DECEMBER HOLIDAY SESSION

EVENING

AR-Aerobic Room MR-Multi-Purpose Room LR-Leadership Room

Mon	Tue	Wed	Thu	Fri
11 4:00 AR Step 5:00 AR TRX 6:00 AR Dance Mix Up 6:15 LR Pilates 7:00 LR M3 Yoga	12 6:00 AR ZUMBA	13 5:00 AR TRX 6:00 AR Dance Mix Up	14 5:00 AR TRX 6:00 AR ZUMBA 7:00 AR Full Body Tune Up	15 No Evening Classes
18 5:00 AR TRX 6:00 AR Dance Mix Up	19 5:00 AR TRX 6:00 AR ZUMBA	20 5:00 AR TRX 6:00 AR Dance Mix Up	21 5:00 AR TRX 6:00 AR ZUMBA 7:00 AR Full Body Tune Up	22 No Evening Classes
25 CLOSED MERRY CHRISTMAS!	26	27 5:00 AR TRX	28 5:00 AR TRX	29 No Evening Classes

NEW SESSION BEGINS
Jan. 2



CHRISTMAS EVE – CLOSED

NEW YEARS EVE - Open 7:00 AM – 1:00 PM

CHRISTMAS - CLOSED

NEW YEARS DAY - CLOSED