

Christmas Eve Class Schedule

Sunday, December 24, 2017

CLASS	TIME	LOCATION	INSTRUCTOR
BODYPUMP™	7:30am - 8:30am	Studio 3	Renee
GRIT™	8:30am - 9:00am	Studio 3	Laurie
CYCLE	8:30am - 9:20am	Cycle Studio	Don
BODYJAM™	8:30am - 9:30am	Studio 1	Sarah
VINYASA YOGA	8:30am - 9:45am	Studio 2	Chrissy
BODYCOMBAT™	9:10am - 10:10am	Studio 3	Laurie
BELLY DANCE	9:30am - 10:30am	Studio 1	Vin
RESTORATIVE YOGA	9:45am - 10:45am	Studio 2	Chrissy
AQUA SCULPT	10:00am - 11:15am	Therapy Pool	Linda and Amy
BODYPUMP™	10:15am - 11:15am	Studio 3	Lisa
ZUMBA®	10:30am - 11:30am	Studio 1	Vin
GENTLE YOGA	10:45am - 12:00pm	Studio 2	Samantha
GET ACTIVE	11:30am - 12:30pm	Studio 1	Karen

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
BODYPUMP™	7:30am - 8:30am	Studio 3	Renee
GRIT™	8:30am - 9:00am	Studio 3	Laurie
CYCLE	8:30am - 9:20am	Cycle Studio	Don
BODYJAM™	8:30am - 9:30am	Studio 1	Arturo
VINYASA YOGA	8:30am - 9:45am	Studio 2	Chrissy
BODYCOMBAT™	9:10am - 10:10am	Studio 3	Laurie
BELLY DANCE	9:30am - 10:30am	Studio 1	Vin
RESTORATIVE YOGA	9:45am - 10:45am	Studio 2	Chrissy
AQUA SCULPT	10:00am - 11:15am	Therapy Pool	Linda and Amy
BODYPUMP™	10:15am - 11:15am	Studio 3	Arturo
ZUMBA®	10:30am - 11:30am	Studio 1	Vin
GENTLE YOGA	10:45am - 12:00pm	Studio 2	Samantha
GET ACTIVE	11:30am - 12:30pm	Studio 1	Karen

Have a happy and safe holiday!



New Year's Day Class Schedule

Monday, January 1, 2018

CLASS	TIME	LOCATION	INSTRUCTOR
CYCLE	9:00am - 9:50am	Cycle Studio	Shaun
FELDENKRAIS AND PILATES FUSION	9:00am - 10:00am	Studio 1	Jackie B.
CARDIO KICKBOXING	9:00am - 10:00am	Studio 3	Sharon B.
CHAIR YOGA	9:30am - 10:30am	Studio 2	Chrissy
STRETCH IT	10:00am - 10:30am	Studio 1	Tom
BODYPUMP™	10:00am - 11:00am	Studio 3	Lisa D.

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