



# DECEMBER GROUP FITNESS CLASS SCHEDULE

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

Yoga  
5:45a-6:30a  
Sara/Cathy

Insanity  
7:30a-8:15a  
Allison

Ballet Burn  
8:30a-9:15a  
Meghan

Muscle Madness  
8:30a-9:15a  
Megan

Vinyasa Flow Yoga  
9:30a-10:30a  
Meghan

Muscle Madness  
12:15p-1:00p  
Beth

Muscle Tone  
5pm-5:30p  
Jen O

Cardio Circuits  
5:30p-6:00p  
Jen O

HIGH FITNESS  
6p-6:45p  
Lisa

Dirty 30  
5:45a-6:15a  
Camille

Warrior Cross Train  
8:30a-9:15a  
Megan

Get Fit  
8:45a-9:30a  
Lisa

Fit to Fight Cancer  
9:30a-10:30a  
\* Jacob

Fit to Fight Parkinson's  
10:30a-12:00p  
\* Cathy

Yoga  
12:15p-12:45p  
Cathy

Suspension & Row  
12:15p-1:00p  
Beth

Boxing  
5:00p-6:00p  
Riley

PiYo  
5:15p-6:00p  
Brenna

Yoga  
5:30p-6:30p  
Cathy

Power Cycle  
5:30p-6:30p  
Robin

Yoga  
5:45a-6:30a  
Sara/Cathy

Barre  
8:30a-9:15a  
Meghan

Cycling  
9:00a-9:30a  
Judy

Vinyasa Flow Yoga  
9:30a-10:30a  
Meghan

PiYo  
12:15p-1:00p  
Beth

HIGH FITNESS  
5:30p-6:15p  
Lisa

Dirty 30  
5:45a-6:15a  
Camille

Warrior Cross Train  
8:30a-9:15a  
Megan

Get Fit  
8:45a-9:30a  
Lisa

Fit to Fight Cancer  
9:30a-10:30a  
\* Jacob

Pedaling for Parkinson's  
10:00a-11:00a  
\* Cathy

Tabata  
12:15p-1:00p  
Allison

Boxing  
5:00p-6:00p  
Riley

Yoga  
5:30p-6:15p  
Kelle

Power Cycle  
5:30p-6:30p  
Robin

Barre  
5:30p-6:15p  
Meghan

Yoga  
5:45a-6:30a  
Sara/Cathy

Tabata Boot Camo  
7:30a-8:15a  
Heather

Step  
8:30a-9:15a  
Meghan

Fit to Fight Parkinson's  
10:30a-12:00p  
Cathy

Yoga  
12:15p-12:45p  
Cathy

Instructors Choice  
12:15p-1:00p  
Beth/Andrea

Yoga  
7:30a-8:30a  
Sara/Cathy

Boxing Conditioning  
8:15a-9:00a  
Amy/Michelle

HIGH FITNESS  
9:00a-9:45a  
Lisa

Wellness Center

Multi Purpose Room

BFIT

Aerobics Room

Cycling Room

Gym

\* Registration is required

