

**MONDAY**

**YOGA**  
6:00a-7:00a  
Sara/Cathy

**INSANITY**  
7:30a-8:15a  
Allison

**BALLET BURN**  
8:30a-9:15a  
Meghan

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

**FIT TO FIGHT CANCER**  
9:30a-10:30a  
Allison

\***VINYASA FLOW YOGA**  
9:30a-10:30a  
Meghan

**MUSCLE MADNESS**  
12:15p-1:00p  
Beth

**MUSCLE TONE**  
5pm-5:30p  
Jen O

**POWER CYCLE**  
5:30p-6:30p  
Robin

**CARDIO CIRCUITS**  
5:30p-6:00p  
Jen O

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

**TUESDAY**

**WARRIOR CROSS TRAIN**  
8:30a-9:15a  
Megan

**GET FIT**  
8:45a-9:30a  
Lisa

**FIT TO FIGHT PARKINSON'S**  
10:30a-12:00p  
Cathy

**Insanity**  
12:15p-12:45p  
Allison

**SUSPENSION & ROW**  
12:15p-1:00p  
Beth

**BOXING**  
5:00p-6:00p  
Riley

**PIYO**  
5:15p-6:00p  
Beth

**YOGA**  
5:30p-6:30p  
Cathy

**POWER CYCLE**  
5:30p-6:30p  
Robin

**KICK BOXING**  
6:00p-6:45p  
Sam

**WEDNESDAY**

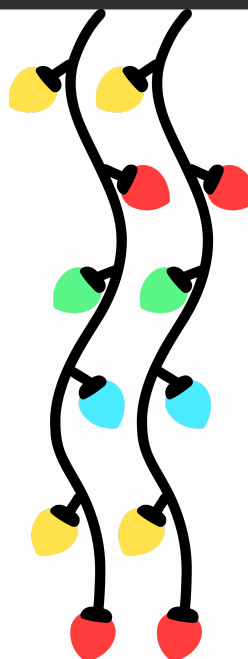
**YOGA**  
6:00a-7:00a  
Sara/Cathy

**BARRE**  
8:30a-9:15a  
Meghan

\***FIT TO FIGHT CANCER**  
8:30a-9:30a  
Allison

**CYCLING**  
9:00a-9:45p  
Judy

**VINYASA FLOW YOGA**  
9:30a-10:30a  
Meghan

**THURSDAY****FRIDAY**

**YOGA**  
6:00a-7:00a  
Sara/Cathy

**TABATA BOOT CAMP**  
7:30a-8:15a  
Mary

**STEP**  
8:30a-9:15a  
Meghan

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

**FIT TO FIGHT PARKINSON'S**  
10:30a-12:00p  
Cathy

**TABATA**  
12:15p-12:45p  
Allison

**INSTRUCTOR'S CHOICE**  
12:15p-1:00p  
Beth/Bre

**SATUDAY**

**YOGA**  
7:30a-8:30a  
Sara/Cathy

**BOXING CONDITIONING**  
8:15a-9:00a  
Michelle

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

**WELLNESS CENTER**

**MULTI PURPOSE ROOM**

**BFIT**

**AEROBICS ROOM**

**CYCLING ROOM**

**GYM**

\* **REGISTRATION IS REQUIRED**



# DECEMBER 22ND-26TH

## GROUP FITNESS CLASS SCHEDULE

**MONDAY**

**YOGA**  
6:00a-7:00a  
Sara/Cathy

**INSANITY**  
7:30a-8:15a  
Allison

**BALLET BURN**  
8:30a-9:15a  
Meghan

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

**FIT TO FIGHT CANCER**  
9:30a-10:30a  
Allison

\***VINYASA FLOW YOGA**  
9:30a-10:30a  
Meghan

**MUSCLE MADNESS**  
12:15p-1:00p  
Beth

**MUSCLE TONE**  
5pm-5:30p  
Jen O

**POWER CYCLE**  
5:30p-6:30p  
Robin

**CARDIO CIRCUITS**  
5:30p-6:00p  
Jen O

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

**TUESDAY**

**WARRIOR CROSS TRAIN**  
8:30a-9:15a  
Megan

**GET FIT**  
8:45a-9:30a  
Lisa

**FIT TO FIGHT PARKINSON'S**  
10:30a-12:00p  
Cathy

**INSANITY**  
12:15p-12:45p  
ALLISON

**SCULPT AND SWEAT**  
12:15p-1:00p  
Beth

**BOXING**  
5:00p-6:00p  
Riley

**PIYO**  
5:15p-6:00p  
Beth

**YOGA**  
5:30p-6:30p  
Cathy

**POWER CYCLE**  
5:30p-6:30p  
Robin

**KICK BOXING**  
6:00p-6:45p  
Sam

**WEDNESDAY**

**YOGA**  
6:00a-7:00a  
Sara/Cathy

**BARRE**  
8:30a-9:15a  
Meghan

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Allison

**CYCLING**  
9:00a-9:45p  
Judy

**VINYASA FLOW YOGA**  
9:30a-10:30a  
Meghan

**THURSDAY****FRIDAY**

**YOGA**  
6:00a-7:00a  
Sara/Cathy

**TABATA BOOT CAMP**  
7:30a-8:15a  
Mary

**STEP**  
8:30a-9:15a  
Meghan

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

**FIT TO FIGHT PARKINSON'S**  
10:30a-12:00p  
Cathy

**YOGA**  
12:15p-12:45p  
Cathy

**CORE POWER**  
12:15p-1:00p  
Bre

**SATURDAY**

**YOGA**  
7:30a-8:30a  
Sara/Cathy

**BOXING CONDITIONING**  
8:15a-9:00a  
Michelle

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



**WELLNESS CENTER**

**MULTI PURPOSE ROOM**

**BFIT**

**AEROBICS ROOM**

**CYCLING ROOM**

**GYM**

\* **REGISTRATION IS REQUIRED**

**HIGH**  
FITNESS

**DEC. 29TH-JAN. 2ND**

**GROUP FITNESS CLASS SCHEDULE**