MONDAY

TUESDAY

WEDNESDAY

FRIDAY

SATUDAY

YOGA

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

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

Megan

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

YOGA

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

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

INSANITY 7:30a-8:15a Allison

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

BARRE 8:30a-9:15a Meahan

TABATA BOOT CAMP 7:30a-8:15a Marv

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

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

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

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

VINYASA FLOW YOGA

9:30a-10:30a

Meghan

STEP 8:30a-9:15a Meghan

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

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

Insanity 12:15p-12:45p Allison

SUSPENSION & ROW

12:15p-1:00p

Beth

CYCLING 9:00a-9:45p Judy

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

THURSDAY

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

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

WINYASA FLOW YOGA 9:30a-10:30a Meghan

MUSCLE MADNESS

12:15p-1:00p

Beth

MUSCLE TONE

5pm-5:30p

Jen O

BOXING 5:00p-6:00p Riley

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

YOGA

Cathy

5:30p-6:30p

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

WELLNESS CENTER MULTI PURPOSE ROOM

BFIT

AEROBICS ROOM

CYCLING ROOM

GYM

REGISTRATION IS REQUIRED

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

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

5:30p-6:15p **HGH** Lisa

KICK BOXING 6:00p-6:45p Šam

HIGH FITNESS

DECEMBER 22ND-26TH **GROUP FITNESS CLASS SCHEDULE**

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

THURSDAY

SATURDAY

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

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

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

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

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

INSANITY 7:30a-8:15a Allison

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

BARRE 8:30a-9:15a Meghan

TABATA BOOT CAMP 7:30a-8:15a Marv

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

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

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

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

STEP 8:30a-9:15a Meghan

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

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

INSANITY 12:15p-12:45p ALLISON

CYCLING 9:00a-9:45p Judy

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

FIT TO FIGHT PARKINSON'S

10:30a-12:00p

Cathy

YOGA



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

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

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

NYASA FLOW YOGA

9:30a-10:30a Meghan

BOXING 5:00p-6:00p Meghan

MUSCLE MADNESS

12:15p-1:00p Beth

PIYO

Riley

5:15p-6:00p Beth

12:15p-12:45p Cathy

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

MUSCLE TONE

5pm-5:30p Jen O

YOGA

5:30p-6:30p Cathy

POWER CYCLE 5:30p-6:30p

POWER CYCLE 5:30p-6:30p

Robin

Robin

KICK BOXING

6:00p-6:45p Šam

WELLNESS CENTER

MULTI PURPOSE ROOM

BFIT

AEROBICS ROOM

CYCLING ROOM

GYM

REGISTRATION IS REQUIRED

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

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

H\GH

DEC. 29TH-JAN. 2ND **GROUP FITNESS CLASS SCHEDULE**