December Fitness Class Schedule

	Monday					Tue	sday		Wednesday				
	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	
5:15 a.m.			Cycle JB								Cycle JB		
6:00 a.m.	High Fitness Ashley (Audrey sub 12/22)	Strength Courtney (no class on 12/15 or 22)	Cycle (6: 30am) Renae		UpBeat Lift Halley		Cycle Marilyn Jones (no class on 12/30)	Aqua Zumba Karen	High Fitness Bridgett	Pump Strength Leslie	Cycle (6: 30am) Sarah		
7:00 a.m.						UpBeat Pilates <mark>Makelle</mark>							
8:00 a.m.						Yoga Phoebe						Aqua Zumba Rian	
9:30 a.m.	Zumba Cassie	UpBeat Barre Katie	Cycle Lacee	Aqua Zumba Michelle W	High Fitness Liz		Cycle Lindsey C	FitCity Splash Renae	UJAM Nicole	Strength Megan			
10:30 a.m.					Silver Sneakers Nancy				Zumba Michelle W				
11:00 a.m.										Tai Chi Vinetta			
4:30 p.m.										Kids Yoga (5-10 years old) Kiery			
7:00 p.m.	High Fitness Shelby	UpBeat Pilates Jackie			Zumba Kat				High Fitness Shelby	Upbeat Barre Jackie			
8:00 p.m.		Yoga DeAnna				Sound Bath Shirley							

December Fitness Class Schedule

			Frie	day		Saturday						
	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool
5:15 a.m.							Cycle LeeAnn					
6:00 a.m.			Cycle Marilyn Jones	Aqua HIIT Teasha	High Fitness Ashley (Audrey sub 12/19)	Pump Strength Leslie	Cycle (6: 30am) Sarah					
7:00 a.m.		UpBeat Pilates Makelle				UpBeat Pilates Lauren M.			Strength Training Shirley R			
8:00 a.m.									Zumba Desree			
9:30 a.m.	High Fitness Liz		Cycle Lindsey C	FitCity Splash Renae	Zumba Michelle W	Surge Fit Sharidan	Cycle Karrissa	Aqua Zumba Desree (no class on 12/19)	High Fitness (9:00am) Shelby	Barre Mady	Cycle Michelle L	Aqua Zumba Rian
10:30 a.m.	Silver Sneakers Nancy	Yoga Phoebe (no class on 12/18)										
11:00 a.m.												
4:30 p.m.												
7:00 p.m.	Zumba Kat											
8:00 p.m.												