

# December Fitness Class Schedule

	Monday				Tuesday				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) Rena		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 Makelle						
8:00 a.m.						Yoga Phoebe						Aqua Zumba Rian
9:30 a.m.	Zumba Cassie	UpBeat Barre Katie	Cycle Lacey	Aqua Zumba Michelle W	High Fitness Liz		Cycle Lindsey C	FitCity Splash Rena	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						

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