



# Holiday Group Exercise Schedule

★ Week of December 21st

MONDAY 21-Dec	TUESDAY 22-Dec	WEDNESDAY 23-Dec	THURSDAY 24-Dec	FRIDAY 25-Dec	SATURDAY 26-Dec
<b>GYM CLOSED</b> Wed - Sat due to floor refinishing <b>CHECK DAY</b> for classes occurring					
5:50 - 7:00am (Gym) HealthEnhancement (JB)	5:50 - 6:50am (Gym) Group Power (DR)	5:50 - 7:00am (Gym) HealthEnhancement (JB)	<b>NO</b> Group Power OR 9:50 Spin	<b>Center Closed</b>  <b>Merry Christmas!</b>	8:25 - 9:25am* Spinning (Rotating)
5:50 - 6:50am Spinning (MG)		5:50 - 6:50am Spinning (BK)			9:00 - 9:45*am Wet Sweat (DM)
8:30 - 9:30am* Spinning (BK)	8:30 - 9:30am* (Gym) Group Power (DS)	8:30 - 9:30am* Spinning (MM)	8:15 - 9:00am Wet Sweat - (DM)		<b>NO</b>  Group Power, Pilates, Zumba
8:30 - 9:30am* (Gym) Pilates (JV)	8:30 - 9:30*am Bay Yoga (SM)	<b>NO</b>	8:30 - 9:10am* Spinning (JV)		
9:30 - 10:30am* (Bay) Group Power (DR)	9:35 - 10:30am* Spinning*** (DS)	<b>Pilates, Group Power, Silver Sweat</b>	9:15 - 10:15*am (Bay) Yoga (JV)		
9:30 - 10:30am* (Gym) Silver Sweat (CR)	10:30 - 11:30am* (Gym) Pilates (DR)		10:30 - 11:30am* (Bay) Pilates (MS)		
			<b>Center Closes at 2 PM</b>		
6:00 - 7:00pm* Spinning (GM)	6:00 - 7:00pm* (Gym) Group Power (KI)	6:00 - 7:00pm* Spinning (GM)	<b>Merry Christmas!</b>		
6:45 - 7:45 pm* (Bay) Pi-Yo (MS)	6:00 - 7:00pm* (Bay) Yoga (JG)				
	7:15 - 8:15pm* (Gym) ZUMBA (AI)				
<b>Aqua Aerobics</b>					
8:30 - 9:30*am Hydropump Class (JS)	8:15 - 9:00am Wet Sweat - (DM)	8:30 - 9:30*am Hydropump Class (JS)			
6:15 - 7:00*pm Wet Sweat (DM)					
<b>EFFECTIVE</b> <b>December 21 - December 26</b>					
<b>NO Childcare</b> <b>Dec 24, 25, 26, 31, Jan 1</b>					





# Holiday Group Exercise Schedule

## ★ Week of December 28

MONDAY 28-Dec	TUESDAY 29-Dec	WEDNESDAY 30-Dec	THURSDAY 31-Dec	FRIDAY 1-Jan	SATURDAY 2-Jan
5:50 - 7:00am (Gym) HealthEnhancement (JB)	5:50 - 6:50am (Gym) Group Power (DR)	5:50 - 7:00am (Gym) HealthEnhancement (JB)	5:50 - 6:50am (Gym) Group Power (DR)	<b>Center Closed</b>  <b>Happy New Year!</b>	7:15 - 8:15am* (Gym) Group Power (Rotating)
5:50 - 6:50am Spinning (MG)		5:50 - 6:50am Spinning (BK)	8:15 - 9:00am Wet Sweat - (DM)		8:25 - 9:25am* (Bay) Pilates (Rotating)
8:30 - 9:30am* Spinning (BK)	8:30 - 9:30am* (Gym) Group Power (DS)	8:30 - 9:30am* Spinning (MM)	8:30 - 9:10am* Spinning (JV)		8:25 - 9:25am* Spinning (Rotating)
8:30 - 9:30am* (Gym) Pilates (JV)	8:30 - 9:30*am Bay Yoga (SM)	8:30 - 9:30am* (Gym) Pilates (JV)	8:45 - 9:45am* Group Power - Gym (DS)		8:25 - 9:25am* (Gym) ZUMBA (AI)
9:30 - 10:30am* (Bay) Group Power (DR)	9:35 - 10:30am* Spinning***(DS)	9:40 - 10:40am* (Bay) Group Power (JS)	9:15 - 10:15*am (Bay) Yoga (JV)		9:00 - 9:45*am Wet Sweat (DM)
9:30 - 10:30am* (Gym) Silver Sweat (CR)	10:30 - 11:30am* (Bay) Pilates (DR)	9:30 - 10:30am* (Gym) Silver Sweat (KC)	9:50 - 10:45am* Spinning***(DS)		
			10:30 - 11:30am* (Bay) Pilates (MS)		
6:00 - 7:00pm* Spinning (GM)	6:00 - 7:00pm* (Gym) Group Power (KI)				
6:45 - 7:45 pm* (Bay) Pi-Yo (MS)	NO YOGA 7:15 - 8:15pm* (Gym) ZUMBA (AI)	6:00 - 7:00pm* Spinning (GM)			
			<b>Center Closes at 2 PM</b>  <b>Happy New Year!</b>		
<b>Aqua Aerobics</b> 8:30 - 9:30*am Hydropump Class (JS)			<b>EFFECTIVE</b> <b>December 28 - January 2</b>		
8:30 - 9:30*am Hydropump Class (JS)			<b>NO Childcare</b> <b>Dec 24, 25, 26, 31, Jan 1</b>		
6:15 - 7:00*pm Wet Sweat (DM)			<b>NO Childcare</b> <b>Dec 24, 25, 26, 31, Jan 1</b>		

