



DECEMBER 2017 Group Exercise Class Schedule

Please allow 2-5 min. of transition time between classes

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Group Exercise Studio						
	5:30am	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP Greta		
	7:00am	FLEXIBLE & STRONG		FLEXIBLE & STRONG		FLEXIBLE & STRONG		
	8:00am	Zumba- Lisa				Zumba-Lisa		
	9:00am	BODYPUMP Amy	ZUMBA TONING-KIT	BODY SCULPT	ZUMBA TONING-KIT	BODYPUMP AMY		
	9:30AM						BODYPUMP Tonya	
	10:00am							
	10:30am	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS	U-JAM-LISA	
	11:00am		FUN&MOTION CLAUDIA		FUN&MOTION CLAUDIA			
	12:00pm	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP SET UP		
	12:15PM					BODYPUMP Greta		
	3:00pm	3:00PM BALLERINAS			3:00PM BALLERINAS			Table Tennis 3-6PM
	4:00pm			U-JAM LISA		TABLE TENNIS 4-7		
	5:00pm	BODYPUMP SET UP		BODYPUMP SET UP				
	5:30pm	BODYPUMP Tonya	Zumba Nicole (KF)	BODYPUMP Tonya	Zumba Nicole (KF)			
	6:30pm	ZUMBA-LISA	U-JAM LISA		U-JAM LISA			
Yoga Studio								
	8:00am			PIYO-LISA		PIYO LAURA		
	8:30am	Yoga Barbara(1.5hrs)			Yoga Barbara(1.5hrs)			
	9:00am		Pilates Connie	FUSION SUMMER		FUSION SUMMER	PIYO LISA	
	10:00am	FLEXIBILITY 10:15 Connie	Stretch the Limits Claudia					
	10:30am					Stretch the Limits Claudia		
	5:30pm	Beg. Yoga Eric	Pilates Connie	Beg. Yoga Eric	PILATES BROOKE			
Pool reservations can be made for 30 min. sessions								
Pool								
	9:00am	Aquacise Leslie		Aquacise Diana		Aquacise Claudia		
	5:30pm		Aquacise Claudia		Aquacise Claudia			
Spin								
	5:00AM		MICHELLE		MICHELLE			
	8:00AM		CHRIS		KIRK			
	5:30PM					KIRK		
	6:30PM	PHOENIX		PHOENIX				