



Fitness Center

Winter Holiday Schedule December 24-January 5.

All facilities are closed December 25, January 1.

Schedule for December 24-29

All classes run 45 minutes in duration.

Monday, Dec. 24

Time	Class	Instructor	Studio
7:30am	Winter Family Cycle	Dolly	D
8:00am	Jingle Bell Low Impact	Kennen	A
8:30am	Peaceful Yoga Flow	Tina	B
9:00am	Balance & Strength	Kennen	A
9:20am	Family Holiday Boot Camp	Tina	Gym 1
9:30am	Sit & Be Fit Stretch	Mari	B
10:00am	Low Impact Dance	Dangira	A
11:00am	Holiday Dance Party	Dangira	A



Thursday, Dec. 27

Time	Class	Instructor	Studio
6:00am	Frosty the Swoleman	Kennen	D
9:00am	Low Impact	Shelly	B
9:00am	Yoga Fire	Jackie	A
10:00am	Low Impact Cardio	Shelly	B
10:00am	Strength Mix	Jackie	A
11:00am	Sit & Stretch	Shelly	B
11:00am	Yoga Stretch	Jackie	A
12:00pm	Lean 15	Jackie	A
5:30pm	Family Twilight Spin	Shelly	D
6:30pm	Family Low Impact Sculpt	Shelly	A

Schedule Continues on back. Family class information on back.

Wednesday, Dec. 26

Time	Class	Instructor	Studio
7:30am	Winter Family Cycle	Dolly	D
9:00am	Yoga	Allison	B
9:00am	Balance & Strength	Kennen	A
9:00am	Equipment Workshop	Jackie	Fit. Cen.
10:00am	Family Strength & Stretch	Allison	Gym 1
10:00am	Flexi Balance	Jackie	A
10:15am	Low Impact Cardio Sculpt	Shelly	B
11:00am	Abs & Mobility	Jackie	A
12:00pm	Lean 15	Jackie	A
5:30pm	Family Boot Camp	Mari	A
6:30pm	Family Yoga	Mari	A

Friday, Dec. 28

Time	Class	Instructor	Studio
7:30am	Winter Family Cycle	Dolly	D
9:00am	Yoga	Allison	B
9:00am	Balance & Strength	Kennen	A
9:00am	Equipment Workshop	Jackie	Fit. Cen.
10:00am	Family Strength & Stretch	Allison	Gym 1
10:00am	Flexi Balance	Jackie	A
10:15am	Low Impact Cardio Sculpt	Shelly	B
11:00am	Abs Blast	Jackie	A
12:00pm	Lean 15	Jackie	A

Saturday, Dec. 29

Time	Class	Instructor	Studio
8:00am	Core/Yoga Fusion	Jackie	A
9:00am	Lean 15	Jackie	A
10:00am	Yoga Fire	Jackie	A
10:00am	Family Spin	Shelly	D
11:00am	Lift	Jackie	D
11:00am	Low Impact Family Sculpt	Shelly	A

Schedule for December 31-January 5

All classes run 45 minutes in duration.

Monday, Dec. 31

Time	Class	Instructor	Studio
7:30am	Family Spin	Dolly	D
8:00am	Low Impact	Kennen	A
8:45am	Family Boot Camp	Dolly	Gym
9:00am	Balance & Strength	Kennen	A
9:30am	Sit & Be Fit Stretch	Mari	B
10:00am	Low Impact Dance	Dangira	A
11:00am	Holiday Dance Party	Dangira	A

Thursday, Jan. 3

Time	Class	Instructor	Studio
6:00am	Frosty the Swoleman	Kennen	D
9:00am	Low Impact Dance	Trupti	A
9:00am	Yoga Fire	Jackie	A
10:00am	Low Impact Cardio Sculpt	Shelly	B
10:00am	Strength Mix	Jackie	A
11:00am	Sit & Stretch	Shelly	B
11:00am	Yoga Stretch	Jackie	A
12:00pm	Lean 15	Jackie	A
5:30pm	Family Twilight Spin	Shelly	D
6:00pm	Zumba	Anita	B
6:30pm	Family Low Impact Sculpt	Shelly	A

Saturday, Jan. 5

Time	Class	Instructor	Studio
8:00am	Yoga	Mari	A
8:00am	Core Fusion	Jackie	B
9:00am	Lean 15	Jackie	A
10:00am	Yoga Fire	Jackie	A
10:00am	Family Spin	Shelly	D
11:00am	Lift	Jackie	D
11:00am	Family Low Impact Cardio Sculpt	Shelly	A



Wednesday, Jan. 2

Time	Class	Instructor	Studio
7:30am	Winter Family Cycle	Dolly	D
8:45am	Family Boot Camp	Dolly	Gym 1
9:00am	Balance & Strength	Kennen	A
9:00am	Yoga Renewal	Jackie	B
10:00am	Flexi Balance	Jackie	A
10:15am	Low Impact Cardio Sculpt	Shelly	B
11:00am	Abs & Mobility	Jackie	A
12:00pm	Lean 15	Jackie	A
5:30pm	Family Boot Camp	Mari	A
6:30pm	Family Yoga	Mari	A

Friday, Jan. 4

Time	Class	Instructor	Studio
7:30am	Winter Family Cycle	Dolly	D
8:00am	Jingle Bell Low Impact	Mari	A
8:45am	Family Boot Camp	Dolly	Gym 1
9:00am	Yoga Renewal	Jackie	B
9:00am	Balance and Strength	Kennen	A
10:00am	Flexi Balance	Jackie	A
10:15am	Low Impact Cardio Sculpt	Shelly	B
11:00am	Abs Blast	Jackie	A
12:00pm	Lean 15	Jackie	A

Classes in Green are Family classes.

Family classes allow patrons with children ages 8 and up to participate in group exercise classes. Children must be accompanied by an adult & be able to participate in a group fitness setting without causing disruptions in class. Waivers must be signed by legal guardian.

Fee:

8-13 year olds only: \$2 (Res.) and \$4 (Nonres.)

Applicable ONLY for the green listed fitness classes. Use of any other part of the facility will be regular daily rate.