

HOLIDAY CLASS CALENDAR

December 15th - December 20th

MPR

Monday 15th

Tuesday 16th

Wednesday 17th

Thursday 18th

Friday 19th

Saturday 20th

Classroom

8:30am Power House-
Stephen

6:00am Body Pump-
Roxanne

8:00am Body Pump-
Roxanne

5:45am Tabata- Lisa

8:30am Powerhouse-
Stephen

8:30am Aqua Fit-
Laura

9:45am Pilates-
Rhonda

8:15am Tabata- Karen

8:30am Aqua Fit- Ann

8:15am Tabata- Karen

9:30am Rise and Ride-
Debbie

8:30am Weekend
Wake up -Jen

Spin Room

12:00pm Zumba-Laura

8:30am Yoga Basics-
Karen

9:30am Water Blast-
Lynn

8:30am Yoga Basics-
Karen

10:00am Flexible
Fitness- Ann

9:45am Body Pump-
Jen

4:30pm Step it Up-
Lisa

10:45am Bones and
Balance-Rhonda

9:30am Spin-Laura

9:45am Great
Beginnings-Ann

10:30am Deep Water-
Lynn

10:00am Flexible
Fitness- Rhonda

Pool

5:30pm Spin-Jen

11:00am Fluid Motion-
Lynn

12:00pm Zumba-
Monica

11:45am Qigong- Tana

12:00pm Zumba-
Brandy

11:15am Qigong- Tana

5:30pm Zumba-
Brandy

5:45pm Splash- Lisa

5:30pm Powerhouse-
Claudia

5:45pm Splash -
Elisabeth

1:15pm Qigong- Tana

4:30pm Powerhouse-
Stephen

Basketball
Court

5:30pm Stretch and
Breath-Michael

6:00pm Body Pump-
Jen

6:00pm Body Pump-
Jen

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HOLIDAY CLASS CALENDAR

December 22nd- December 27th

MPR

Monday 22nd

Tuesday 23rd

Wednesday 24th

Thursday 25th

Friday 26th

Saturday 27th

Classroom

8:00am Pump- Justi

8:30am Aqua Fit-
Debbie

9:30am Rise an Ride-
Debbie

9:45am Pilates-
Rhonda

10:30am Deep Water-
Debbie

12:00pm Zumba-Laura

5:30pm Spin-Jen

5:30pm Zumba-
Brandy

5:30pm Stretch and
Breath-Michael

6:00am Body Pump-
Roxanne

8:15am Tabata- Karen

8:30am Yoga Basics-
Karen

9:45am Yoga- Karen

10:45am Bones and
Balance-Rhonda

11:00am Fluid Motion-
Lynn

5:45pm Splash- Lisa

6:00pm Body Pump-
Jen

CLOSED

8:30am Powerhouse-
Claudia

8:30am Aqua Fit-
Laura

9:30am Rise and Ride-
Debbie

10:00am Flexible
Fitness- Ann

10:30am Deep Water-
Lynn

12:00pm Zumba-
Brandy

1:15pm Qigong- Tana

4:30pm Powerhouse-
Justi

8:30am Weekend
Wake up -Jen

9:45am Body Pump-
Jen

10:00am Flexible
Fitness- Ann

11:15am Qigong- Tana

HOLIDAY CLASS CALENDAR

December 29th- January 1st

MPR

Monday 29th

Tuesday 30th

Wednesday 31st

Thursday 1st

Classroom

8:30am Powerhouse-
Stephen

8:30am Aqua Fit-
Debbie

9:30am Rise an Ride-
Justi

9:45am Pilates-
Rhonda

10:30am Deep Water-
Ann

12:00pm Zumba-Laura

4:30pm Step-Lisa

5:30pm Spin-Jen

5:30pm Zumba-
Brandy

5:30pm Stretch and
Breath-Karen

6:00am Body Pump-
Roxanne

8:15am Tabata- Karen

8:30am Yoga Basics-
Karen

9:45am Yoga- Karen

10:45am Bones and
Balance-Rhonda

11:00am Fluid Motion-
Lynn

5:45pm Splash- Lisa

6:00pm Body Pump-
Jen

CLOSED

Spin Room

Pool

Basketball
Court

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