



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Morning Group Exercise studio December

Due to the holidays we will have a modified schedule for 12/24,12/26,12/31 and 1/1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-6:20</u> <b>Pure Strength</b> Jackie		<u>5:30-6:20</u> <b>Boot Camp</b> Doug		<u>5:30-6:20</u> <b>Bar Bell Strength</b> Jackie/Julie		
<u>8:30 - 9:20</u> <b>Barre</b> Wendy	<u>8:30 - 9:20</u> <b>Zumba ®</b> Roula	<u>8:30-9:20</u> <b>Boot Camp</b> Doug	<u>8:30 - 9:20</u> <b>Cardio Kickboxing</b> Lyndsay	<u>8:30 - 9:20</u> <b>Pure Strength</b> Kelly G.	<u>8:30- 9:20</u> <b>Cardio Strength Combo</b> Jackie/Kathie	<u>8:30 - 9:20</u> <b>Bar Bell Strength</b> Kathie/Julie
<u>8:30 - 9:20</u> <b>Queenax Circuits</b> Doug Wellness Floor	<u>8:30 - 9:20</u> <b>Boot camp</b> Doug	<u>9:30-10:20</u> <b>Women on Weights</b> Michelle K. Wellness Floor		<u>8:30-9:20</u> <b>TRX Circuit</b> Toni	<u>9:30 10:20</u> <b>Pure Strength</b> Kathie/Jackie	
<u>9:30- 10:20</u> <b>Bar Bell Strength</b> Michelle	<u>9:30 - 10:20</u> <b>Boot Camp</b> Jackie	<u>9:30-10:30</u> <b>Zumba Gold</b> Angie	<u>9:30-10:20</u> <b>Barre</b> Jackie	<u>9:30-10:20</u> <b>TRX Circuit</b> Toni	<u>10:30-11:20</u> <b>Zumba</b> Roula	<u>11:30-12:20</u> <b>Cardio Dance</b> Stacey





# Evening Classes Group Exercise Studio November

**Due to the holidays we will have a modified schedule for  
12/24, 12/26, 12/31 and 1/1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:00- 5:50</u> <b>Barre</b> Hannah	<u>5:00-5:50</u> <b>Zumba</b> Lisa	<u>5:00 - 5:50</u> <b>Boot camp</b> Doug	<u>5:00-5:50</u> <b>Cardio FIT</b> Brenda			
<u>6:00-6:50</u> <b>POUND Fitness</b> Stacey	<u>6:00-6:50</u> <b>Pure Strength</b> Kathie Y,	<u>6:00-6:50</u> <b>Cardio Dance</b> Stacey	<u>6:00 - 6:50</u> <b>Cardio Intervals</b> Kathie Y			
<u>7:00- 7:50</u> <b>Kickboxing</b> Brandon	<u>7:00- 7:50</u> <b>Cardio Kickboxing</b> Lyndsay	<u>7:00-7:50</u> <b>SWERK Strength</b> Emily				



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

## Active Older Adult December

Due to the holidays we will have a modified schedule for  
**12/24, 12/26, 12/31 and 1/1**

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>9:30-10:20</u> <b>Zumba Gold</b> Angie		<u>9:30 – 10:20</u> <b>NIA®</b> Amanda
<u>10:30 – 11:20AM</u> <b>AOA – Strength and Fitness</b> Doug	<u>10:30 – 11:20AM</u> <b>Fitness After 50</b> Amanda	<u>10:30 – 11:20 AM</u> <b>NIA®</b> Kathy/Amanda	<u>10:30 -11:20 AM</u> <b>Fitness After 50</b> Jan	<u>10:30– 11:20 PM</u> <b>Silver Sneakers Classic®</b> Kelley
<u>11:30-12:20 PM</u> <b>Silver Sneakers Classic</b> Jan	<u>11:30-12:20 PM</u> <b>Strength &amp; Balance</b> Phyllis  <u>11:30-12:30</u> <b>Lite Cycle and Strength</b> Shelly	<u>11:30 – 12:20 PM</u> <b>Silver Sneakers Classic®</b> Jessica	<u>11:30-12:20 PM</u> <b>Strength &amp; Balance</b>  <u>12:30 – 1:00 PM</u> <b>Tai Chi Light - Workshop</b> Phyllis <b>MSB Studio</b>	<u>11:30-12:20PM</u> <b>Silver Sneakers Yoga®</b> Kip  
<u>12:30-1:20 PM</u> <b>Chair Yoga</b> Danielle	<u>1:00-1:50PM</u> <b>Arthritis</b> Stella	<u>12:30-1:20PM</u> <b>Chair Yoga</b> Danielle	<u>1:00-1:50PM</u> <b>Arthritis</b> Stella	


