




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM <b>SPIN Core</b> <i>Laurie</i>	5:45 AM <b>SPINNING</b> <i>Laurie</i>	5:45 AM Funtional Fitness <i>David</i>	5:45 AM <b>SPINNING</b> <i>Dan</i>	5:45 AM <b>Kettlebells</b> <i>Laurie</i>	8:00 AM <b>Total Body Burn</b> <i>Tammy</i>	8:00 AM <b>Step</b> <i>Erin</i>
9:00 AM <b>Let's Dance!</b> <i>Sue D</i>	8:30 AM <b>SPINNING</b> <i>Tammy</i>	9:00 AM <b>ZUMBA</b> <i>Kerri</i>	8:30 AM <b>SPINNING</b> <i>Laurie</i>	9:00 AM <b>Cardio Kickbox</b> <i>Sue D</i>	9:00 AM <b>SPINNING</b> <i>Laurie</i>	9:00 AM <b>SPINNING</b> <i>Erin</i>
10:00 AM <b>Pilates Sculpt</b> <i>Kerri</i>		10:00 AM <b>Cardio Chisel</b> <i>Tammy</i>				
11:00 AM <b>Senior Fitness</b> <i>Tammy</i>		11:00 AM <b>Senior Fitness</b> <i>Tammy</i>		11:00 AM <b>Senior Fitness</b> <i>Tammy</i>		
5:00 PM <b>Abs Express</b> <i>Laurie</i>				<p><b><u>Specialty Classes:</u></b></p> <p>Lizzie's <b>Santa Spin</b> Wed 12/19 @ 5:30 PM</p> <p>David's <b>Barbell Club</b> Sat 12/22 @ 9 AM</p>		
5:30 PM <b>Boot Camp</b> <i>Laurie</i>	4:30 PM <b>Cardio Chisel</b> <i>Tammy</i>	5:30 PM <b>Pilates Barre</b> <i>Kerri</i>				
5:30 PM <b>SPINNING</b> <i>Lizzie</i>	6:00 PM <b>SPINNING</b> <i>Tammy</i>	5:30 PM <b>SPINNING</b> <i>Lizzie</i>	5:30 PM <b>SPINNING</b> <i>Laurie</i>			
		6:30 PM <b>Total Body Burn</b> <i>Tammy</i>				