

Group Exercise

December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Julia</i>		5:30 AM Sunrise Spin <i>Julia</i>		5:30 AM Sunrise Spin <i>Julia</i>	8:00 AM Spinning <i>Michelle</i>	8:30 AM Spinning <i>Susan</i>
9:00 AM SPINNING <i>Wendy</i>	9:00 AM Strength & Core <i>Wendy</i>	9:00 AM Body Tuning <i>Julie</i>	9:00 AM Power yoga <i>Donna</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Cardio Kickboxing <i>Julie</i>	9:30 AM 12/5- Strength & Core w/ Wendy
9:00 AM Pilates Sculpt <i>Donna</i>	10:00 AM Body Sculpt <i>Hanni</i>	9:00 AM Spin & Sculpt <i>Wendy</i>	10:00 AM Senior Circuit <i>Donna</i>	10:00 AM Barre Fit <i>Donna</i>	9:00 AM All Levels Yoga <i>Kendra</i>	12/12- Total Body Burn w/ Sherri
10:00 AM Gentle Yoga <i>Donna</i>	10:15 AM Express Spin <i>Wendy</i>	10:00 AM Barre <i>Donna</i>	10:45 AM Taiji Fit <i>Donna</i>	10:15 AM Express Spin <i>Wendy</i>	10:00 AM Zumba Tone <i>Dawn</i>	12/19- Beginner Yoga w/ Julia
	11:00 AM Senior Fitness <i>Wendy</i>	11:00 AM Body Sculpt <i>Hanni</i>		11:00 AM Chair Yoga <i>Wendy</i>		
	5:00 PM Express Sculpt <i>Michelle</i>	4:30 PM James Bootcamp		New Years Day Sneak Peek: Spin Savasana: Sat 1/1 @ 8:00 AM w/ Julia (30-min Spin to 30-min Yoga)  Zumba: Sat 1/1 @ 9:00 AM w/ Ashleigh		
5:30 PM Strong Nation <i>Ashleigh</i>	5:30 PM Express Spin <i>Michelle</i>	4:30 PM Stretch <i>Julie</i>	4:30 PM Strength & Core <i>Wendy</i>			
5:30 PM Spinning <i>Sherri</i>	5:30 PM Zumba <i>Ashleigh</i>	5:30 PM Hanni Spin & Sculpt	6:00 PM Strong 30/Zumba30 <i>Ashleigh</i>			
		5:45 PM Raise The Bar <i>Dawn</i>				
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