


















December Class Schedule

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am	 Lacy- 60 min	 Julie – 55 min	 Emily C - 60 min	 Julie – 55 min	 Emily C – 45 min
6:05am	HIIT Power Amy -45 min	 Lacy – 45min	HIIT Power Amy- 45 min		PiYO 5:50am Emily T. - 45 min
8:30 am	 Kim – 60 min	PiYO Emily T. - 60min	 Kim – 60 min	Cycle Mix Emily T- 50 min	 35 min PiYo Strength 35 min Julie
10:00 am	Ageless Warriors for age 50's on up Lacy – 45 min		Ageless Warriors for age 50's on up Lacy– 45 min		Ageless Warriors for age 50's on up Julie – 45 min
4:15 pm	 Lacy- 60 min	 Lacy – 60 min	 Lacy – 60 min	 Lacy – 60 min	12/7-Country Heat-Lacy 12/14-Emily T P90X 12/21-no class 12/28-no class
5:20pm	 Carley-30 min		 Carley-30 min		
5:30pm		Turbo TRICK Emily T- 50 min		Cardio Fusion Emily C – 55 min	
6:00 pm	 Peachey - 60 min		 Peachey – 60 min		
		PiYO Julie – 60 min		COUNTRY HEAT Lacy – 60 min	

Saturday 9:00am Class

12/1 Piyo-Julie

12/8 Round Robin Christmas Launch 8-10am

12/15 Body Pump-Emily C

12/22 Aqua HIIT- Maggie

12/29 Body Attack-Carley

Sunday 5:00pm

12/9 and 12/16  **HOLY YOGA™**-Dani

-\$10 for member \$15 for non members

no registration necessary for Drop in session

December Class Schedule- Cycling and Yoga Classes

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am	Cycle Circuit 45 min Emily T	Cycling 45 min Julie		Cycling 45 min Julie	
8:30 am				Cycle Mix (in back) Emily T-50 min.	
4:15 pm	HOT Cycle 45 min Michelle	Cycle Circuit 40 Min Bobbi	HOT Cycle 45 min Michelle	Cycle Circuit 40 min Bobbi	
5:30pm		Cycle Circuit 45 min Cathy		HOT Cycle 45 min JoHanna	

Water Classes

Class Times	Monday	Tuesday	Wednesday	Thursday
5:30am		Aqua HIIT Peachey 45-min		Aqua HIIT Peachey 45-min
10:00am		Aqua HIIT 45-min Carley		Aqua HIIT 45-min Lacy
5:30pm	Aqua HIIT 45-min Brittyn		Aqua HIIT 45 min Brittyn	Aqua HIIT 45 min Maggie