

Free! WINTER BREAK FITNESS CLASSES

Monday, December 24
through Tuesday, January 1

These classes are free and no registration or Group X Card is necessary; come join us! Space is limited in each class; arrive early to save your spot.

MONDAY, DECEMBER 24		REVISED 11/30/18	
8:30 am	Power Pump	Perry	Studio 1
9:30 am	Cardio Kickboxing	Perry	Studio 1
WEDNESDAY, DECEMBER 26			
9:00 am	Cycle Training	Mary P.	Studio 4
9:30 am	Yoga Sculpt	Adrienne	Studio 1
10:30 am	Total Body Workout	Mary P.	Studio 1
5:30 pm	Fitness Pilates	Perry	Studio 2
6:30 pm	Cardio Kickboxing	Perry	Studio 1
THURSDAY, DECEMBER 27			
5:35 am	HIIT	Chris	Studio 1
8:30 am	Power Pump	Perry	Studio 1
9:30 am	Dance Jam	Perry & Tina	Studio 1
5:30 pm	Power Strength	Adrienne	Studio 1
6:30 pm	Cycle Rave	Adrienne	Studio 4
FRIDAY, DECEMBER 28			
5:35 am	Total Body Workout	Chris	Studio 3
8:30 am	The Resistance Workout	Adrienne	Studio 1
9:30 am	Cardio Kickboxing	Perry	Studio 1
10:30 am	Power Yoga	Scott	Studio 2
4:30 pm	Zumba	Jan	Studio 1
6:00 pm	Ride-In Theater Cycle Class Movie: Burlesque	Adrienne	Studio 4
SATURDAY, DECEMBER 29			
8:15 am	Barre Principle	Adrienne	Studio 2
9:00 am	Total Body Workout	Stephanie & Chris	Studios 3 & 4
9:30 am	Cardio Kickboxing	Adrienne	Studio 1
SUNDAY, DECEMBER 30			
4:45 pm	Yin/Restorative Yoga	Scott	Studio 2
MONDAY, DECEMBER 31			
5:35 am	Kettlebell Training	Chris	Studio 1
8:30 am	Power Strength	Perry	Studio 2
9:30 am	Step Cardio	Perry	Studio 1
10 am	SeniorFIT Chair Yoga	Wanda	Activity Rooms 1 & 2
11:45 am	Power Yoga	Wanda	Studio 2
TUESDAY, JANUARY 1			
9:30 am	Cardio Kickboxing	Adrienne & Perry	Studio 1