

December Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Jessica) 6:30 Yoga (Kappy)	2 6:45 Gentle Yoga (Kappy) 7:00 Total Body Torch (Danielle S.) 9:00 Zone Tone (Carol) 10:30 iTone (Kappy) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	3 8:00 Weekend Warrior (Bre)
4 2:00 Cycle + Core (Danielle S.)	5 6:00 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 10:00 Stretch Express (Danielle P.) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	6 10:30 Chair Yoga (Kappy) 10:45 Strong Nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	7 6:45 Gentle Yoga (Kappy) 7:00 Total Body Torch (Danielle S.) 9:00 Power Camp / Kettlebell (Jessica) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Chair Yoga (Kappy) 5:00 All Shaped (Ariagna)	8 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	9 6:45 Gentle Yoga (Kappy) 7:00 Total Body Torch (Danielle S.) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	10 8:00 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
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25 	26 6:45 Gentle Yoga (Kappy) 9:00 Barre (Kappy) 10:00 Stretch Express (Kappy) 9:00 Zumba (Ariagna) 10:30 iTone (Ariagna) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	27 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Kappy) 6:30 Yoga (Kappy)	28 6:45 Gentle Yoga (Kappy) 7:00 Total Body Torch (Danielle S.) 9:00 Power Camp / Kettlebell (Carol) 10:30 iTone (Ariagna) 10:45 Silver Sneakers (Carol) 5:00 All Shaped (Ariagna)	29 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Acceleration (Danielle S.) 6:30 Yoga (Kappy)	30 6:45 Gentle Yoga (Kappy) 7:00 Total Body Torch (Danielle S.) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	31 8:00 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)