



Group Fitness Schedule DECEMBER 2017

AEROBIC STUDIO

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30a	POWER BY PAM (GYM 45 min)		POWER BY PAM (GYM 45 min)		POWER BY PAM 7:30am(GYM 45 min) BOSU-BALANCE @8:00am Debbie (45 min)	December 2 nd RIPPED 8:45am-9:15am Zumba 9:20am-10:00am Tajuana
8:30a	RIPPED Tajuana(45 min)	YOGA Linda (1 hr)	H.A.B.I.T Debbie (40 min)	CARDIO KICK Tajuana (45 min)	PILATES BARRE FUSION @8:50am Debbie (35 min)	December 9 th Group Cycling 8:45am-9:15am Tabata Boot Camp 9:20-10:05am Pam
9:15a	ZUMBA Remelyn (1hr)	PURE STRENGTH @ 9:35 Debbie (40 min)	ZUMBA Tajuana (1 hr)	ZUMBA Remelyn (1hr)	YOGA @9:30am Debbie(45 min)	
10:15a		PILATES BARRE FUSION Debbie (45 min)				
10:30a	TRX Dale (30 min)		TRX Dale (30 min)	TABATA BOOT CAMP Charlie (1 hour)	TRX Dale (30 min)	December 16 th Group Cycling 8:45am-9:15am RIPPED 9:20am-10:00am Bridgett
11:15a		Gentle Yoga Mel(1 hr)				December 23 rd Group Cycling 8:45am-9:45am Charlie
12:15p			Vinyasa Flow Mel (45 min)			
4:30p		POWER BY PAM (45 min)				
5:00p			TABATA BOOT CAMP (5:15pm) Pam(45 min)	TRX Dale(30 min)		December 30 th Group Cycling 8:45am-9:15am Tabata Boot Camp 9:20am-10:05am Pam
5:30p	STRONG BY ZUMBA™ Remelyn(1 hr)	RIPPED Tajuana(45 min)		PIYO Remelyn (1hr)	*Classes in yellow are new this month	
6:15p		ZUMBA Tajuana (45 min)	YOGA (6:00pm) Linda(1 hr)	ZUMBA Remelyn(6:30pm)	*Classes in red in danger of being cut due to low participation	

FELLOWSHIP HALL (FH) / MULTI-PURPOSE ROOM (MPR)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a	Sliver Sneakers Maxine (FH) 45 min		Sliver Sneakers Mel (FH) 1 hour	Line Dance Maxine(45 min) (FH)	Sliver Sneakers Linda (FH) 45 min
10:15a	ChairYOGA Linda 10:30am (MPR)				Zumba Gold@10:30am (FH)
10:30a	Line Dance Maxine (FH) 1 hour		Gentle Yoga Mel(FH) 1 hr	Yoga Linda(45 min) (FH)	Yoga Linda(45 min) (MPR)

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GROUP CYCLE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15a	Group Cycle Charlie (45 min)	Beginner Cycle Maxine(9:30am) 45 min	Group Cycle Lauren (45 min)		Group Cycle Mel (45 min)
10:00a				Beginners Cycle Maxine (10:30am) (45 min)	Yoga for Cyclists Mel(30 min)
12:15p	Group Cycle Mel (35 min)	Group Cycle Mel (35 min)		Group Cycle Lauren (35 min)	
4:30p	Group Cycle Pam (45 min)		Group Cycle Pam (40 min)		
5:30 p	Group Cycle Bridgett (45 min)			Group Cycle Bridgett (45 min)	

AQUATICS CLASSES(AC)/ TRACK & FIELD

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a		Water Fitness Maxine (45 min)		Water Fitness Maxine (45 min)	Hydro HIIT Mel(@8:15am) (45 min)
9:15a	Hydro HIIT Mel (45min)	Aqua Power Remelyn(45 min)	Aqua Balance & Cardio Debbie@9:20 (45 min)	Aqua Power Charlie (45 min)	
10:15a	Aqua Zumba Remelyn (10:15am)	Aqua Zumba Remelyn(45 min)			

YOUTH CLASSES

TUESDAY
YOUTH FITNESS
 4:15-4:45p (4-7 yrs.)
 4:45-5:15p (8-12 yrs.)
 STAFF

WEDNESDAY
KIDS ZUMBA
 4:00pm-5:00pm
 Remelyn

THURSDAY
YOUTH ATHLETICS
 4:00-4:30p (4-7 yrs.)
 4:30-5:00p (8-12 yrs.)
 STAFF