

# Group Exercise

# DECEMBER



# HAPPY HOLIDAYS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <b>Sunrise Spin</b> <i>Sue B</i>	5:30 AM <b>Bootcamp</b> <i>Pam</i>	5:30 AM <b>Sunrise Spin</b> <i>Sue B</i>	5:30 AM <b>Bootcamp</b> <i>Pam</i>	5:30 AM <b>Sunrise Spin</b> <i>Michelle</i>	7:00 AM <b>Bootcamp</b> <i>Michelle</i>	8:30 AM <b>Spinning</b> <i>Susan</i>
8:00 AM <b>TRX Circuit</b> <i>Julie</i>	8:30 AM Wendy <b>Express Abs</b>	9:00 AM <b>Spin &amp; Sculpt</b> <i>Wendy</i>	9:00 AM <b>Tread &amp; Strength</b> <i>Julie</i>	9:00 AM <b>Raise the Bar</b> <i>Wendy</i>	8:00 AM <b>Spinning</b> <i>Michelle</i>	<p><b>Sunday Funday w/ Ashleigh</b></p>  <p><i>Sunday Reset Yoga w/ Ashleigh 12/7 &amp; 12/14_ 9:30 am</i></p> 
9:00 AM <b>SPINNING</b> <i>Wendy</i>	9:00 AM Wendy <b>Total Strength</b>	10:00 AM <b>Barre Fit</b> <i>Donna</i>	9:00 AM <b>Power Yoga</b> <i>Donna</i>	10:00 AM <b>Barre Fit</b> <i>Donna</i>	8:00 AM <b>Power Hour</b> <i>Emily</i>	
9:00 AM <b>Pilates Sculpt</b> <i>Donna</i>	9:00 AM <b>Tread &amp; Strength</b> <i>Julie</i>	11:00 AM <b>Pilates Sculpt</b> <i>Kerri W</i>	10:00 AM <b>Senior Circuit</b> <i>Donna</i>	10:15 AM Wendy <b>Express Spin</b>	9:00 AM <b>All Levels Yoga</b> <i>Kendra</i>	
10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	10:00 AM <b>Mat Madness</b> <i>Maribeth</i>		11:00 AM <b>Moves &amp; Muscles</b> <i>Kerri W</i>	11:00 AM Wendy <b>Chair Yoga</b>	10:00 AM <b>Dance Tone</b> <i>Dawn</i>	
10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	10:15 AM Wendy <b>Express Spin</b>			4:00 PM James <b>Bootcamp</b>		
11:00 AM <b>Low Impact</b> <i>Kerri W</i>	11:00 AM <b>Senior Fitness</b> <i>Wendy</i>	4:30 PM <b>Bootcamp</b> <i>James</i>	4:30 PM <b>Body Blend</b> <i>Kerri W</i>	<p><b>POP-UP CLASSES:</b></p>  <p><i>BUTI MVMNT w/ Ashleigh- Monday's_ 6:30 pm</i> <i>POWER HOUR w/ EMILY- Wednesday's_ 6:30 pm &amp; Saturday's_ 8:00 am</i></p> 		
4:30 PM Ashleigh <b>Strong Nation w/ Weights</b>	5:30 PM <b>Zumba</b> <i>Cassandra</i>	4:30 PM <b>Pilates Sculpt</b> <i>Kerri W</i>	5:30 PM <b>Yoga</b> <i>Carol M</i>	<p><b>Holiday Classes:</b></p>  <p><i>Spin w/ Wendy- Wed 12/24_ 9:00 am</i> <i>Zumba w/ Ashleigh Wed 12/24_ 10:00 am</i> <i>70's Spin w/ Maribeth Fri 12/26_ 8:00 am</i> <i>Raise the Bar w/ Wendy Fri 12/26_ 9:00 am</i> <i>Pilates Fusion w/ Donna Fri 12/26_ 10:00 am</i></p>		
5:30 PM <b>Zumba</b> <i>Ashleigh</i>		6:30 PM <b>Power Hour</b> <i>Emily</i>	6:30 AM <b>Zumba Gold</b>	<p><b>New Years Classes:</b></p>  <p><i>Spin w/ Wendy Wed 12/31_ 9:00 am</i> <i>BUTI MVMNT w/ Ashleigh Wed 12/31_ 10:00 am</i> <i>Ring in the New Year Pilates Fusion w/ Donna Thurs 1/1_ 9:00 am</i></p> 		

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