



Holiday Group Exercise Schedule & Center Hours

**classes added 12/22/16*

Friday, December 23rd

Center Hours 5am-10pm

5:45am Bootcamp Challenge with Mike
5:45am Spinning with Mary
7:30am Jump Rope Intervals with Larry
8:00am Group Power with Larry
8:00am Aqua Fit with Sharon
9:00am Vinyasa Yoga with Linda
9:15am Aqua Fit with Sharon
10:30am Forever Young with Charmaine
11:30am INSANITY with Morgan
12:00pm Strength & Core with Morgan
6:00pm Circuit Fitness with Top (Gym Floor)

Saturday, December 24th, Christmas Eve

Center Hours 7am-1pm

7:30am Zumba Fitness with Cecilia
8:30am INSANITY with Morgan
8:30am Aqua Fit with Dawn
*9:00am Spinning with Maggie (75m)
9:30am Strength & Core with Morgan
10:00am Stretch & Strengthen with Micki (WR)
10:45am Pilates Mat with Delia

Sunday, December 25th, Christmas

The Center is Closed

Monday, December 26th

Center Hours 7am-8pm

8:00am & 9:15am Aqua Fit with Sharon
9:00am Group Active with Charmaine
*9:45am Pilates Mat with Delia
10:30am Forever Young with Charmaine
11:30am INSANITY with Morgan
12:00pm Strength & Core with Morgan
12:00pm & 4:15pm Spinning with Nicole
4:45pm Jump Rope Intervals with Larry
5:30pm Group Power with Larry
5:30pm Aqua Fit & 6:00pm Deep H2O with Mary Lynn
6:45pm Yoga with Letty

Saturday, December 31st, New Year's Eve

Center Hours 7am-1pm

7:30am Zumba Fitness with Cecilia
Get an early start on your dance moves to ring in 2017!
8:30am Triple Threat with Morgan
Try out this new cardio, strength, kickboxing format!
8:30am Aqua Fit with Dawn
Splash into the New Year
*9:00am Spinning with Tina (75m)
Spin and sweat before you celebrate the night away!
9:35am Group Power with Larry
Get a sneak peek at the new GP Choreography for January 2017!
10:45am Pilates Mat with Delia
Celebrate 2017 feeling strong, flexible, aligned and centered!

Sunday, January 1st, New Year's Day

Center Hours 7am-1pm

9:30am *2017! Time 2 Get Lean Circuit Fitness* with Elliott (GF)
10:30am *Spin into the New Year* with Jackie
11:30am *New Year's Intention, Transformation,
& Gratitude Vinyasa Flow* with Mia