

Fit for Life 24 Group Fitness

DECEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
8:30-9:30am						BODYPUMP Lisa
9:30-10:30am						BODYCOMBAT Lisa SMARTFIT HIIT TB
10:30-11:30am						ZUMBA Chanel
	3	4	5	6	7	8
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Natalia			ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael SMARTFIT BOOTCAMP	BODYCOMBAT Lisa CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT HIIT UB	BODYJAM POSTPONED SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT BOOTCAMP	BODYCOMBAT Jessica SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie
5:30-6:30pm	CYCLING Rhonda BODYATTACK Jessica SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Jessica CYCLING Rhonda SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT HIIT TB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Garrett	SMARTFIT HIIT LB BODYJAM Chanel	ZUMBA Chanel CYCLING Rhonda SMARTFIT BOOTCAMP		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	10	11	12	13	14	15
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Natalia			ZUMBA Natalia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Lisa CYCLING Cathy SMARTFIT HIIT UB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM POSTPONED SMARTFIT HIIT LB	CYCLING Garrett SMARTFIT HIIT TB	BODYCOMBAT Lisa SMARTFIT HIIT TB
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYATTACK Jessica SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT LB	BODYCOMBAT Jessica R CYCLING Rhonda SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT LB CYCLING Kevin	SMARTFIT BOOTCAMP BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT UB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		

	17	18	19	20	21	22
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Natalia			ZUMBA Chanel	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Lisa CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM POSTPONED SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT HIIT TB	BODYCOMBAT Jessica SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie
5:30-6:30pm	CYCLING Rhonda BODYATTACK Jessica SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Jessica CYCLING Rhonda SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Garrett	BODYJAM Chanel SMARTFIT HITT LB	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	24	25	26	27	28	29

NO CLASSES ALL WEEK!



BODYJAM ON MONDAYS at 5:30pm and THURSDAY at 9:30am have been POSTPONED until January. BODYATTACK will be SUBBED for it on MONDAYS at 5:30pm.