



Substitute Class Or Instructor

Group Fitness Classes - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes					1 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	2 8:30a-9:30 Cycling - Rachael
3 No Classes	4 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	5 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	6 8:30a-9:30 Zumba - Bobby	7 8:15a-9:15 Step Interval - Elbert	8 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	9 8:30-9:30 BodyPump - Elbert 10a-11 Yoga - Hannah T
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie			
10 No Classes	11 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	12 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	13 8:30a-9:30 Zumba - Bobby	14 8:15a-9:15 Step Interval - Bobby	15 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah T	16 8:30a-9:30 Cycling - Rachael
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie			



Group Fitness Classes - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 No Classes	18 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 NO Yoga - Cancelled	19 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	20 8:30a-9:30 Zumba - Bobby	21 8:15a-9:15 Step Interval - Elbert	22 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah T	23 No Classes Merry Christmas!!! No Classes
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie			
24/31 No Classes	25 No Classes Merry Christmas!!! No Classes	26 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby 5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	27 8:30a-9:30 Zumba - Bobby 7:00p-8:00 Hip Hop - Stephanie	28 8:15a-9:15 Step Interval - Bobby	29 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	30 8:30a-9:30 BodyPump - Bobby