



*New Class *Substitute Class

*Canceled Class *Paid Class

Group Fitness Classes - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>No Classes</i>	2 8:30a-9:30 BodyPump – Rachael	3 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	4 8:30a-9:30 Zumba – Bobby	5 8:15a-9:15 Step Interval – Elbert	6 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	7 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
8 <i>No Classes</i>	9 8:30a-9:30 BodyPump – Rachael	10 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	11 8:30a-9:30 Zumba – Bobby	12 8:15a-9:15 Step Interval – Bobby	13 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	14 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Heather 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
15 <i>No Classes</i>	16 8:30a-9:30 BodyPump – Rachael	17 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	18 8:30a-9:30 Zumba – Bobby	19 8:15a-9:15 Step Interval – Elbert	20 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	21 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
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22 No Classes	23 8:30a-9:30 BodyPump – Rachael	24 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	25 <i>No Classes</i> Merry Christmas!!!	26 <i>No Classes</i> Merry Christmas!!!	27 <i>No Classes</i> Merry Christmas!!!	28 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	<i>No Evening Classes</i> Merry Christmas!!! <i>No Evening Classes</i>	<i>No Classes</i>	<i>No Classes</i>	<i>No Classes</i>	
29 No Classes	30 8:30a-9:30 BodyPump – Bobby	31 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby				
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	<i>No Evening Classes</i> Happy New Year!!! <i>No Evening Classes</i>				