

# Christmas Eve & New Year's Eve

## MODIFIED Group Fitness Schedules

Please note: There will be no Aqua Fitness classes on these days and all regularly scheduled classes will not be held.

### CHRISTMAS EVE, DECEMBER 24, 2017

#### LOCATION: CYCLING STUDIO

TIME	CLASS	INSTRUCTOR
8:00 - 9:00 am	Holiday Ride	Laura Storch

#### LOCATION: STUDIO 1

TIME	CLASS	INSTRUCTOR
8:00 - 9:00 am	Step Works	Michele Sanders and LuAnn Wolfe
9:00 - 10:00 am	BODYATTACK	Ashleigh Marrella

#### LOCATION: MIND BODY STUDIO

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 am	BODYFLOW	Ginnie Haggerty

#### LOCATION: AGILITY ROOM

TIME	CLASS	INSTRUCTOR
8:00-9:00 AM	H.I.T. Bag Training	Dan Plummer

FREE FOR THE HOLIDAYS!

### NEW YEAR'S EVE, DECEMBER 31, 2017

#### LOCATION: CYCLING STUDIO

TIME	CLASS	INSTRUCTOR
8:00 - 9:00 pm	NYE Ride	Laura Storch

#### LOCATION: STUDIO 1

TIME	CLASS	INSTRUCTOR
8:00 - 9:00 am	Step Works NYE Party	Michele Sanders and LuAnn Wolfe
9:00 - 10:00 am	BODYPUMP NYE Party	Michele Sanders and LuAnn Wolfe

#### LOCATION: MIND BODY STUDIO

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 am	BODYFLOW	Ginnie Haggerty

#### LOCATION: AGILITY ROOM

TIME	CLASS	INSTRUCTOR
8:00-9:00 AM	H.I.T. Bag Training	Dan Plummer

FREE FOR THE HOLIDAYS!

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Sports and Wellness Complex