

Christmas Eve & New Year's Eve

PLEASE NOTE:
Aqua Fitness and all regularly scheduled classes **WILL NOT BE HELD** on these days.

MODIFIED Group Fitness Schedules

CHRISTMAS EVE, MONDAY, DECEMBER 24, 2018

LOCATION: CYCLING STUDIO

TIME	CLASS	INSTRUCTOR
7:30 - 8:00 am	SPRINT	Jen Fanaro
9:30 - 10:30 am	Studio Cycling	Mary McHale

LOCATION: STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	BODYPUMP	Nina Symons
9:30 - 10:30 am	BODYSTEP	Tammy Partsch

LOCATION: MIND BODY STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	Zumba	Chrystine Mitchell
9:35 - 10:35 am	BODYFLOW	LuAnn Wolfe

LOCATION: AGILITY ROOM

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 am	SilverSneakers Classic	Chris Butler

LOCATION: TURF FIELD #1

TIME	CLASS	INSTRUCTOR
10:10 - 11:00 am	FIT Bootcamp	BZ Trainer Andre Lockhart

NEW YEAR'S EVE, MONDAY, DECEMBER 31, 2018

LOCATION: CYCLING STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:00 am	SPRINT	Ashleigh Marrella
9:30 - 10:30 am	Studio Cycling	Laura Storch

LOCATION: STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	BODYSTEP	Julianne Smith
9:30 - 10:30 am	BODYPUMP	Amy Heim

LOCATION: MIND BODY STUDIO

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 am	NYE Zumba	Chrystine Mitchell
10:05 - 11:05 am	BODYFLOW	Val Deibler

LOCATION: AGILITY ROOM

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 am	High Intensity Training	BZ Trainer Lindsay Hetrick
10:30 - 11:30 am	Chair Yoga	Kelly Arnold

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BODY
ZONE
Sports and Wellness Complex