

Christmas Eve & NYE Modified Group Fitness Schedules

(Regularly scheduled classes will not take place)

Christmas Eve / Tuesday, December 24, 2019

Studio 1:

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	Step Works	Michele Sanders and LuAnn Wolfe
9:35 - 10:35 am	BODYPUMP	Michele Sanders and LuAnn Wolfe

Mind Body Studio:

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	Vinyasa/Restorative Yoga A 30/30 split! Work hard, then restore your mind and body.	Rachel Stein
9:35 - 10:20 am	Pilates	Nina Symons

Cycling Studio:

TIME	CLASS	INSTRUCTOR
8:45 - 9:30 am	Christmas Ride	Mary McHale
9:45 - 10:15 am	SPRINT	Mary McHale

Agility Room:

TIME	CLASS	INSTRUCTOR
9:15 - 10:15 am	SilverSneakers Circuit	Chris Butler

New Years Eve / Tuesday, December 31, 2019

Studio 1: (45-minute express classes)

TIME	CLASS	INSTRUCTOR
8:30 - 9:15 am	Bosu Bootcamp	Susan Weik
9:15 - 10:00 am	BODYATTACK Express	Sarah Vecchio
10:05 - 10:50 am	BODYPUMP Express	Jen Breton

Mind Body Studio:

TIME	CLASS	INSTRUCTOR
8:30 - 9:20 am	BURN Power Yoga	Rachel Stein
9:30 - 10:30 am	NYE ZUMBA PARTY!	Chrystine Mitchell and Alison Snyder

Cycling Studio:

TIME	CLASS	INSTRUCTOR
8:45 - 9:15 am	SPRINT	Nina Symons

Agility Room:

TIME	CLASS	INSTRUCTOR
9:15 - 10:15 am	SilverSneakers Cardio Fit	Kris Gillotti

Turf Field #2 on main floor:

TIME	CLASS	INSTRUCTOR
9:30 - 10:30 am	Dodgeball Boot Camp Have some fun and work hard at the same time!	Andre Lockhart

