

Christmas Eve & New Year's Eve

Don't forget!
Reserve your classes on
Self-Service or the app.
Regularly scheduled
classes will not be held.

MODIFIED Group Fitness Schedules

CHRISTMAS EVE, FRIDAY, DECEMBER 24, 2021

POOL (\$5 for members - buy/book on Self-Service)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 am	Holiday Stride and Strength	Cindy

STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	BODYSTEP	Tammy
9:45 - 10:45 am	BODYPUMP	Michele

BLUE STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:00 am	Row Cross 30	Ricky
9:15 - 10:00 am	Cycle 45	Alexis

MIND BODY STUDIO

TIME	CLASS	INSTRUCTOR
9:15 - 10:00 am	Yoga Groove	Julie

BASKETBALL COURT (Active Aging class)

TIME	CLASS	INSTRUCTOR
9:30 - 10:20 am	Holiday SilverSneakers Circuit + Core	Jackie

NEW YEAR'S EVE, FRIDAY, DECEMBER 31, 2021

POOL (\$5 for members - buy/book on Self-Service)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 am	Water Fusion	Karen
10:00 - 10:45 am	Aqua Fit	Sue

STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:15 am	Barre Fusion	Tammy
9:30 - 10:30 am	BODYPUMP	Ginnie

BLUE STUDIO

TIME	CLASS	INSTRUCTOR
9:00 - 9:30 am	SPRINT	Sarah
9:45 - 10:45 AM	Zumba	Chrystine

MIND BODY STUDIO

TIME	CLASS	INSTRUCTOR
9:30 - 10:30 am	BODYFLOW	Val

BASKETBALL COURT (Active Aging class)

TIME	CLASS	INSTRUCTOR
9:00 - 9:50 am	Total Body Tune-Up	Sue

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Sports and Wellness Complex