

# Modified Group Fitness Schedule For: Christmas Eve, Wednesday, December 24

## **Studio 1**

8:30 am - BODYPUMP 45 with LuAnn  
9:30 am - BODYSTEP with Jen B.

## **Cycle Studio**

5:30 am - Virtual SPRINT  
7:00 am - Virtual THE TRIP  
8:00 am - Virtual THE TRIP  
9:00 am - Cycle 45 with Jen

## **Mind Body Studio**

8:00 am - SHAPES (Pilates + Barre) with Lauren  
9:00 am - Power Yoga with Lauren  
10:15 am - BODYBALANCE with Val

## **Blue Studio**

9:30-10:30 am - Zumba with Nina

## **REP ROOM (\$5)**

7:00 am - Lauren R.

## **Pool (\$5)**

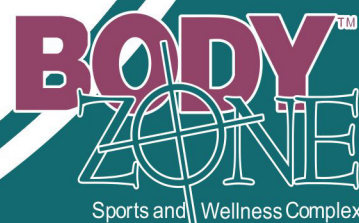
9:00 am - Jingle Bell Strong with Chris

## **Basketball Court – Active Aging**

9:00 am - SilverSneakers Circuit with Sadia  
10:00 am - SilverSneakers Classic with Edwena

## **PLEASE NOTE:**

- REP ROOM and Aqua Fitness classes are \$5/member.
- All classes MUST be reserved in advance via your member portal or app.



# Modified Group Fitness Schedule For: New Year's Eve, Wednesday, December 31

## **Studio 1**

8:00 am - SHAPES (Pilates + Barre) with Lauren R.

9:15 am - NYE Step Into The New Year with Michelle, Alison, Kelly and LuAnn

## **Cycle Studio:**

9:00 am - Cycle 45 with Jen F.

## **Mind Body Studio**

9:00 am - Power Yoga with Lauren

10:15 am - Pilates with Melissa V.

## **Blue Studio**

9:30 am - Zumba with Chantel

## **REP ROOM (\$5)**

7:00 am with Lauren R.

12:00 pm with John

## **Pool (\$5)**

9:00 am - Aqua Fit with Sue

10:00 am - Aqua Tabata with Cindy

## **Basketball Court (Active Aging)**

9:00 am - SilverSneakers Circuit with Edwena

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