

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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31 Reduced Scedule

A 4:00p FIRE Jamie/D
B 4:00 Yoga Dee

End Your Weekend
With a **WORKOUT!!!!!!**
2 great classes
3 awesome instructors!!

DECEMBER

1

T 5:00a TRX 45 Allison
5:30a Training Camp Brenda
B 8:00a Stretch Yoga Dee
C 8:15a Cycle Julia
A 8:30 FIT MIX Leigh A
A 9:35a Low Impact Brenda
B 9:40a Dynamic Flow Juliet

2

C 8:30a Cycle Julia
A 9:00a 30 Step/30 TK Richard
B 9:35a Festive Flow Laura

Burn Off
Those Wkd
Calories!
8:30a Cycle!

3

C 3:00p BIKE BOX LIFT Julia/Trav
B 4:00p Yoga Dee

This Sunday
Has You
Covered!!!

4

C 530a Race & Ripped Zel
B 8:00a Stretch Yoga Dee
C 8:15a Cycle(60) Leigh Anne
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Delisa
B 9:40a Dynamic Flow Juliet
A 10:45a Active Aging Sharon
A 4:30p Muscle Mix Leigh Anne
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Julia

5 FIRE 5:15AM

A 5:15a FIRE Jaimie
B 6:00a Yoga Laura
A 8:30a Turbo Kick Mary Kat
B 8:45a Power Yoga Twila
A 9:35a Bar and Burn Jackie
A 4:30p Functional Training Julia
A 5:35p Tabata Step Brenda
B 5:30p Pilates Jennifer

6

A 5:30a 20/20/20 Mary Kat
B 8:00a Yoga/Meditation Dee
C 8:15a Cycle(45) Julia
A 8:30a Muscle Mix Leigh Anne
A 9:35a Sculpt Lite Mary Kat
A 4:30p BIKE BOX LIFT Julia/Travis
C 5:30p Cycle Ron
A 5:35p INSANITY Phillip

7 4:30p Step and Sculpt

A 5:30a Bar & Burn Jackie
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
A 9:30a Active Aging Delisa
B 9:35a BAR-lates Carroll
A 4:30p Step and Sculpt Brenda
B 4:30p Yoga Debbie
A 5:35p OPEN GYM Travis

8

T 5:00a TRX 45 Allison
A 5:30a Training Camp Brenda
B 8:00a Stretch Yoga Dee
C 8:15a Cycle (60) Julia
A 8:30a ZUMBA Mary Kat
A 9:35a Low Impact Brenda
B 9:40a Dynamic Flow Juliet

9

C 8:30a SPINbata Richard
A 9:00a AMRAPs AND TABATAS MaryKat
B 9:35a Yoga Paula

9:35am Yoga
w/ Paula!

10

C 3:00p Cycle Zel
A 4:00p FIRE Des/Jami
B 4:00p Yin Yoga Twila

Burn Off Those
Wkd Calories!
4:00pm FIRE!

11

C 530a Race & Ripped Zel
B 8:00a Stretch Yoga Dee
C 8:15a Cycle(60) Leigh Anne
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Hayden
B 9:40a Dynamic Flow Juliet
A 10:45a Active Aging Sharon
A 4:30p Muscle Mix Leigh Anne
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Julia

12 FIRE 5:15AM

A 5:15a FIRE Jaime/De
B 6:00a Yoga Laura
A 8:30a Turbo Kick Mary Kat
B 8:45a Power Yoga Twila
A 9:35a Bar and Burn Jackie
A 4:30p Functional Training Julia
A 10:45a Active Aging (this class is limited to 8 ppl) Sharon
A 5:35p Tabata Step Brenda
B 5:30p Pilates Jennifer

13

A 5:15a P90X Allison
B 8:00a Yoga/Meditation Dee
C 8:15a Cycle(45) Julia
A 8:30a Muscle Mix Leigh Anne
A 9:35a Sculpt Lite Delisa
A 4:30p BIKE BOX LIFT Julia/Trav
C 5:30p Cycle Ron
A 5:35p ZUMBA Danyalle

14 4:30p Step and Sculpt

A 5:30a Bar and Burn Jackie
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
A 9:30a Active Aging Delisa
B 9:35a BAR-lates Carroll
A 4:30p Step and Sculpt Brenda
B 4:30p Yoga Debbie
A 5:35p OPEN GYM Travis

15

T 5:00a TRX 45 Allison
A 5:30a Training Camp Brenda
B 8:00a Stretch Yoga Dee
C 8:15a Cycle (60) Julia
A 8:30a FIT MIX Leigh A
A 9:35a Low Impact Brenda
B 9:40a Dynamic Flow Juliet

16

6:00a METRO MILERS Steph/Kat
C 8:30a Cycle Phillip
A 9:00a Power Step Richard
B 9:35a Yoga Willemijn

9:35am Yoga
w/ Willemijn!

17

A 4:00p 20/20/20 Step/Sculpt/Tabata Brenda
B 4:00 Yoga Willemijn

End Your Weekend
With a **WORKOUT!!!!!!**
3 great classes
3 awesome instructors!!

18 Santa Cycle 8:15am

C 5:30a Race and Ripped Zel
B 8:00a Stretch Yoga Dee
C 8:15a Santa Cycle! Leigh Anne
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Delisa
B 9:40a Dynamic Flow Juliet
A 10:45a Active Aging Sharon
A 4:30p Muscle Mix Leigh Anne
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Ron

19 Red White & BLING TK 8:30a

A 5:15a FIRE Jaime/De
B 6:00a Yoga Laura
A 8:30a Red/white & BLING TK MK/Zel
B 8:45a Power Yoga Twila
A 9:35a Bar and Burn Carroll
A 4:30p Functional Training Lila
B 5:30p Pilates Jennifer
A 5:35p Tabata Step Brenda

20

A 5:30a 20/20/20 Mary Kat
B 8:00a Yoga/Meditation Dee
C 8:15a Cycle Mary Kat
A 8:30a Muscle Mix Leigh Anne
A 9:35a Sculpt Lite Mary Kat
C 4:30p BIKE BOX LIFT Travis/Bren
A 5:35p INSANITY Phillip
C 5:30p Cycle Ron

21 4:30p Step and Sculpt

A 5:30a Bar and Burn Allison
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
A 9:30a Active Aging Delisa
B 9:35a BAR-lates Carroll
A 4:30p Step and Sculpt Brenda
B 4:30p Yoga Debbie
A 5:35p OPEN GYM Travis

22

T 5:00a TRX 45 Allison
A 5:30a Training Camp Brenda
B 8:00a Stretch Yoga Dee
C 8:15a Cycle (60) Leigh Ann
A 8:30a ZUMBA Mary Kat
A 9:35a Low Impact Brenda
B 9:40a Dynamic Flow Juliet

23

C 8:30a Cycle Mary Kat
A 9:00a Tabata Step Brenda
B 9:35a Yoga Debbie

Burn Off
Those Wkd
Calories
gam Step!

24 OPEN 12-4PM

C 2:00p Santa:s SUPER CIRCUIT!!! Mary K
20/20/20
TK/Tabata/Sculpt

25 CLUB CLOSED

HAVE A SAFE
&
HAPPY HOLIDAY!

26 OPEN AT 7AM

A 8:30a HOLIDAY HANGOVER!!! Mary Kat
30 TK/30 STEP/ABS Brenda
B 8:45a PowerYoga Twila
A 5:35p Tabata Step Brenda

27

A 5:15a P90X Allison
B 8:00a Yoga/Meditation Dee
C 8:15a Cycle Mary Kat
A 8:30a Muscle Mix Leigh Ann
A 9:35a Sculpt Lite Mary Kat
C 4:30p BIKE BOX LIFT Travis/Bren
C 5:30p Cycle Ron
A 5:35p ZUMBA Danyalle

28 4:30p Step and Sculpt

A 5:30a Bar and Burn Allison
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
A 9:30a Active Aging Peggy
B 9:35a BAR-lates No Class
A 4:30p Step and Sculpt Brenda
B 4:30p Yoga Debbie
A 5:35p OPEN GYM Travis

29

T 5:00a TRX 45 Allison
A 5:30a Training Camp Allison
B 8:00a Yoga Dee
C 8:15a Cycle (60) Julia
A 8:30a FIT MIX Leigh Anne
A 9:35Low Impact Brenda
B 9:40a Dynamic Juliet

30

C 8:30a Cycle Julia
A 9:00a P90X Brenda
B 9:35a Yoga Debbie

