

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<b>30</b> C 3:00p BIKE BOX LIFT MK/Travis B 4:00p Yoga Dee  <div style="color:red; font-style:italic;">                     End Your Weekend                      With a <b>WORKOUT!!!!!!</b>                       3 great classes                      2 awesome instructors!!                 </div>	<b>31 Club hours 5am-6pm</b> C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Best of 2018 Spin Leigh Anne Top songs of 2018 A 8:30a New Year's Mary Kat <b>TROWDOWN!</b> A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p SUPER CIRCUITS Desiree	<h1 style="color:green; font-family:serif;">DECEMBER</h1>				<b>1</b> C 8:30a Cycle Phillip <b>T 9:00 S.O.S</b> Jan <b>A 9:00 Turbo Kick</b> Zel B 9:35a Yoga Lisa  <div style="color:red; font-weight:bold; text-align:center;">                     This                      Saturday Has                      You                      Covered!!!                 </div>
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<b>2</b> C 3:00p Cycle Josh B 4:00p Yoga Margree  <div style="color:red; font-weight:bold; text-align:center;">                     This Sunday                      Has You                      Covered!!!                 </div>	<b>3</b> C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle Leigh Anne A 8:30a 20/20/20 Mary Kat A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p Circuit Training Brenda <b>A 5:35p Turbo Kick/Mix</b> Mary Kat C 5:45p Power Cycle Amy B	<b>4</b> <b>A 5:30a Training Camp</b> Brenda  <b>A 8:30a Turbo Kick</b> Mary Kat <b>B 8:30a Power Yoga</b> Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda	<b>5 5:30a FIT CAMP!</b> A 5:15a FIT CAMP Ashley B 8:00a Yoga Paula C 8:15a Cycle(45) Mary Kat A 8:30a Muscle Mix Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p BOX INTERVALS Travis C 5:30p Cycle Amy A 5:35p Turbo Kick Zel	<b>6</b> A 5:30a Bar & Burn Jackie T 5:30a INTERVAL RUN Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy D A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 5:30p Pilates Paula <b>A 5:35p HIIT Circuit 30</b> Travis	<b>7</b> A 5:15a TRX Kay C 5:30a Cycle PLUS Mary Kat B 8:00a Stretch Yoga Dee <b>C 8:15a Cycle</b> Amy <b>A 8:30a ZUMBA</b> Danyalle <b>A 9:35a Low Impact</b> Brenda B 9:40a Yoga Lisa	<b>8</b> C 8:30a Cycle Amy <b>A 9:00a FIT CAMP</b> Ashley <b>B 9:35a Yoga</b> Paula  <div style="color:green; font-size:2em; font-style:italic; text-align:center;">                     9:35am Yoga                      w/ Paula!                 </div>
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<b>9</b> A 4:00p FIRE Des/Jami B 4:00p Yoga Dee  <div style="color:green; font-weight:bold; text-align:center;">                     Burn Off Those                      Wkd Calories!                      4:00pm FIRE!                 </div>	<b>10 Member Appreciation!</b> C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle PLUS Leigh Anne A 8:30a FIRE Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p FIRE Desiree <b>A 5:35p P90X</b> Brenda C 5:45p Power Cycle Amy B	<b>11</b> A 5:30 Training Camp Brenda A8:30a Turbo Kick <b>Mary Kat</b> <b>B 8:30a Power Yoga</b> Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda	<b>12</b> A 5:15a FIRE Jamie/Des B 8:00a Yoga Paula C 8:15a Cycle(45) Mary Kat <b>A 8:30a Muscle MIX</b> Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p Bike Box Lift Travis/Amy C 5:30p Cycle Josh A 5:35p Turbo Kick Zel	<b>13</b> A 5:30a Bar and Burn Jackie T 5:30a METRO MILERS Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 5:30p Pilates Paula A 5:35p AB Circuit 30 Ashley	<b>14</b> A 5:15a TRX Kay <b>C 5:30a Cycle PLUS</b> Mary Kat B 8:00a Stretch Yoga Dee C 8:15a Cycle (60) Amy <b>A 8:30a SCULPT 60</b> Brenda A 9:35a Low Impact Brenda B 9:40a Yoga Lisa  A5:00p Jungle Body Angel	<b>15</b> T 6:30a Metro Milers Ste/Katie C 8:30a Cycle Zel <b>T 9:00 S.O.S</b> Jan A 9:00a TABATA Phillip <b>B 9:35a Yoga</b> Willemijn  <div style="color:red; font-weight:bold; text-align:center;">                     Burn Off Those                      Wkd Calories!                      8:30a Cycle!                 </div>
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<b>16</b> C 3:00p Cycle Josh B 4:00p Yoga Willemijn  <div style="color:green; font-style:italic;">                     End Your Weekend                      With a <b>WORKOUT!!!!!!</b>                       2 great classes                      3 awesome instructors!!                 </div>	<b>17 TURBO &amp; VINO!</b> C 5:30a 30 TK/ 30 Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle Leigh Anne <b>A 8:30a FIRE</b> Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Jodie A 4:30p Circuit Training Desiree <b>A 5:35p TURBO &amp; VINO!</b> Mary Kat C 5:45p Power Cycle Amy B	<b>18</b> A 5:30a Training Camp Brenda <b>A 8:30a Turbo Kick</b> Mary Kat <b>B 8:30a Power Yoga</b> Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda	<b>19 Mimosas &amp; Muscle Mix!</b> A 5:15a FIRE Jaime/Des B 8:00a Yoga Paula C 8:15a Cycle Mary Kat A 8:30a Mingle Mimosas Leigh Anne <b>And MUSCLE MIX!</b> A 9:35a Sculpt Lite Mary Kat A 4:30p BOX INTERVALS Travis C 5:30p Cycle Amy A 5:35p Turbo Kick Zel	<b>20 Christmas PJ Power Yoga!</b> A 5:30a Bar and Burn Jackie T 5:30a INTERVAL RUN Ste/Katie A8:30a Cardio Meltdown Brenda <b>B 8:30a Christmas PJ Power Yoga!</b> Amy D A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 5:30p Pilates Paula <b>A 5:35p HIIT Circuit 30</b> Travis	<b>21</b> A 5:15a TRX Kay <b>C 5:30a Cycle PLUS</b> Mary Kat B 8:00a Stretch Yoga Dee C 8:15a Cycle (60) Amy <b>A 8:30a ZUMBA DUO</b> MK/Dany A 9:35a Low Impact Brenda B 9:40a Yoga Lisa	<b>22</b> C 8:30a Cycle Amy <b>A 9:00a FITmas</b> Mary Kat <b>DRILLS!</b> B 9:35a Yoga Willemijn  <div style="color:green; font-size:2em; font-style:italic; text-align:center;">                     9:35am Yoga                      w/ Willemijn!                 </div>
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<b>23</b> A 4:00p FIRE Des/Jami B 4:00p Yoga Dee  30 Soin/30 Circuits/ 10 Abs A 9:35a Low Impact Jodie B 9:40a Festive Flow Margree	<b>24 Club open 7am-12pm</b> <b>C 8:15a SANTA'S SUPER CIRCUIT!!!</b> Leigh Anne Brenda 30 Soin/30 Circuits/ 10 Abs A 9:35a Low Impact Jodie B 9:40a Festive Flow Margree	<b>25 Club Closed</b>  <div style="color:red; font-weight:bold; text-align:center;">                     HAVE A SAFE                      &amp;                      HAPPY HOLIDAY!                 </div>	<b>26 Club open 7am-9pm</b> A 8:30a HOLIDAY HANGOVER! Desiree <b>A 4:30p Turbo Kick</b> Zel C 5:30p Cycle Josh	<b>27</b> A 5:30a Bar and Burn Jackie T 5:30a METRO MILERS Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy D A 9:30a Active Aging Jodie B 9:30a Bar-lates No class A 4:30p SCULPT Brenda B 5:30p Pilates No class <b>A 5:35p ZUMBA</b> Mary Kat	<b>28</b> A 5:15a TRX Kay <b>C 5:30a Cycle PLUS</b> Mary Kat B 8:00a Stretch Yoga Dee C 8:15a Cycle (60) Amy <b>A 8:30a SCULPT 60</b> Brenda A 9:35a Low Impact Brenda B 9:40a Yoga Margree A5:00p Jungle Body Angel	<b>29</b> C 8:30a Cycle Phillip A 9:00a STEP Brenda B 9:35a Yoga Margree
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