

Dec 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	■MC-MAX-Corey 8:15 Cardio Party-Peggy	★PIYO-Amber →HIIT X-Jamie	■MC-MAX-Corey 8:15 Cardio Party-Peggy	★PIYO-Amber →HIIT X-Jamie	■CARDIO Dance -Jamie ■Tighten up ABS-Drew	Rhythm Spin-Peter ★BODY PUMP-Jamie
8:30	■ Tighten ABS -Drew		■Conditioning-Drew		★BODY PUMP-Courtney	9:00 OUTDOOR BOOTCAMP Haven
9:00	★Yoga – Gentle Flow-Lisa	→BARRE-Michelle	★Yoga – Gentle Flow-Lisa	→BARRE-Michelle	★DETOX 26-Lisa	★FLOW Yoga-Tami ■PIYO-Amber
10:00	★SilverSneaker-Rachl	CHAIR YOGA-Rachael	★Silver Sneaker-Rachael	CHAIR YOGA-Rachael		■9:30 Shine Dance- Athena
12:00		■CORE & GLUTES- KEN		■CORE & GLUTES- KEN		
4:00		■Box & Burn-Haven				
4:30	■W.O.W.-Corey	■Rhythm Spin-Peter	■W.O.W.-Corey	■Rhythm Spin-Peter		
5:00	■CardioKick-Corey	■H.I.I.T.-Drew	■CardioKick-Corey	■H.I.I.T.-Drew		
5:30	★BODY PUMP-Jamie ■Cardio Party-Peggy	■Latin Jam-Jesse →CORE CIRCUIT-Drew	★BODY PUMP-Courtney ■Gentle Flow-Tammy	■Latin Jam-Jesse ★CANDLELIGHT YOGA-Lisa R ■Box & Burn-Haven		SUNDAY 9 AM PowerFlow Yoga- Athena begins dec1
6:00	CANDLELIGHT YOGA- LisaR	■Sculpt Combo-Jesse	■Roll it mobility Peter	■Sculpt Combo-Jesse 6:30Pic up Basketball-Drew		
WATER	8:30am AQUA Fit H2O	6pmBasic Water-Janet	8:30am AQUA Fit H2O	6pm Basic Water-Janet		■ 30 min →=45 min ★=60 min