GROUP EXERCISE
WINTER BREAK SCHEDULE
DECEMBER 17 - DECEMBER 21

MONDAY, DECEMBER 17
11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

THURSDAY, DECEMBER 20
11:30AM-12:30PM
5:30PM-6:30PM
6:45PM-7:45PM

TUESDAY, DECEMBER 18
11:30AM-12:30PM
5:30PM-6:30PM
6:45PM-7:45PM

FRIDAY, DECEMBER 21
11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM

WEDNESDAY, DECEMBER 19
11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

NO CLASSES DECEMBER 22-23
REC CENTER WILL BE CLOSED
DECEMBER 24-JANUARY 1

ALL CLASSES FREE DECEMBER 17-21, 2018

PILATES (A)
CYCLE EXPRESS (B)
ARMS & ABS (B)
ZUMBA (A)
SLOW FLOW YOGA (B)

SLOW FLOW YOGA (B)
ZUMBA (A)
STRENGTH CIRCUIT (B)

VINYASA FLOW YOGA (B)
HIIT & RECOVER (B)
CYCLE & STRENGTH (B)

CORE FLOW YOGA (B)
STEP EXPRESS (A)
ARMS & ABS (A)

PILATES (203)
SHRED (A)
HARD CORE (A)
VINYASA FLOW YOGA (A)
CORE DE FORCE (A)
GROUP EXERCISE
WINTER BREAK SCHEDULE
JANUARY 2 - JANUARY 11

WEDNESDAY, JANUARY 2
11:30AM-12:30PM  SLOW FLOW YOGA (A)
12:15PM-12:45PM  CYCLE EXPRESS (B)
12:50PM-1:00PM   ARMS & ABS (B)
5:30PM-6:30PM     DANCE FITNESS (A)
6:45PM-7:45PM     STRENGTH CIRCUIT (B)

THURSDAY, JANUARY 3
12:15PM-12:45PM  CORE DE FORCE (A)
12:50PM-1:00PM   ROLL & RECOVER (A)
5:30PM-6:30PM     VINYASA FLOW YOGA (A)
6:45PM-7:45PM     CYCLE & STRENGTH (B)

FRIDAY, JANUARY 4
11:30AM-12:30PM  CORE FLOW YOGA (B)
12:15PM-12:45PM  STEP EXPRESS (A)
12:50PM-1:00PM   ARMS & ABS (A)

MONDAY, JANUARY 7
11:30AM-12:30PM  VINYASA FLOW YOGA (B)
12:15PM-12:45PM  SHRED (A)
12:50PM-1:00PM   ARMS & ABS (A)
5:30PM-6:30PM     DANCE FITNESS (A)
6:45PM-7:45PM     SLOW FLOW YOGA (B)

TUESDAY, JANUARY 8
12:15PM-12:45PM  GLUTES & GUTS (A)
12:50PM-1:00PM   ROLL & RECOVER (A)
5:30PM-6:30PM     VINYASA FLOW YOGA (A)
6:45PM-7:45PM     CYCLE & STRENGTH (B)

WEDNESDAY, JANUARY 9
11:30AM-12:30PM  SLOW FLOW YOGA (A)
12:15PM-12:45PM  CYCLE EXPRESS (B)
12:50PM-1:00PM   ARMS & ABS (B)
5:30PM-6:30PM     ZUMBA (B)
6:45PM-7:45PM     STRENGTH CIRCUIT (B)

THURSDAY, JANUARY 10
11:30AM-12:30PM  PILATES (B)
12:15PM-12:45PM  SHRED (A)
12:50PM-1:00PM   HARD CORE (A)
5:30PM-6:30PM     HIIT & RECOVER (A)
6:45PM-7:45PM     DANCE FITNESS (A)

FRIDAY, JANUARY 11
11:30AM-12:30PM  CORE FLOW YOGA (B)
12:15PM-12:45PM  ZUMBA (A)

NO CLASSES JANUARY 5-6
ALL CLASSES FREE