GROUP FITNESS in STUDIO A

Dec-18

Included WITH MEMBERSHIP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel
2 9:00 ZUMBA Deenah 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Rebecca	**3** 6:15 RIDE/SCULPT/YOGA Deenah 8:30 SCULPT Shannon 9:30 STEP INTERVAL Rachel 12:00 RIDE Marci 1:15 GENTLE FIT Shauna 2:00 CLOGGING Darolyn 5:00 STRENGTH CIRCUIT Olivia 6:15 RIDE Barb 7:15 CORE BOOT CAMP Martha	**4** 8:30 MIIT Ulla 9:30 PLYOFLEX Clovis 10:30ZU ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 1:00 PACE Oliva 5:30 RIDE/SCULPT/YOGA Deenah 6:45 KICK Sam	**5** 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Ulla 9:30 CIRCUIT Rachel 12:00 RIDE/SCULPT Clovis 5:30 HIGH FITNESS Lauren 6:30 RIDE Shelly 7:45 BARS & BELLS Martha	**6** 6:15 HIIT Jillian 9:30 CSY Marci 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 1:00 PACE Olivia 2:00 LINE DANCING Darolyn 5:30 Ride/Sculpt/Stretch Enver 6:45 CALORIE BLAST Clovis	**7** 6:15 RIDE Chantal 9:30 4 X 4 Mandy 11:15 ZUMBA Darolyn 12:15 RIDE Marci 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Deenah	**8** 8:55 BARS & BELLS Clovis 10:00 Holiday Master Class Sam, Enver,Ilya 11:15 RIDE/SCULPT Marci
9 9:00 ZUMBA Deenah 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Chantal	**10** 6:15 RIDE/SCULPT/YOGA Deenah 8:30 SCULPT Marci 9:30 STEP INTERVAL Rachel 12:00 RIDE Chrissy 1:15 GENTLE FIT Shauna 2:00 CLOGGING Darolyn 5:00 STRENGTH CIRCUIT Olivia 6:15 RIDE Rebecca 7:15 CORE BOOT CAMP Martha	**11** 8:30 MIIT Shannon 9:30 PLYOFLEX Clovis 10:30ZU ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 1:00 PACE Oliva 5:30 Holiday Master Class Deenah, Clovis, Sam	**12** 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Marci 9:30 CIRCUIT Clovis 12:00 RIDE/SCULPT Clovis 5:30 HIGH FITNESS Lauren 6:30 RIDE Shelly 7:45 BARS & BELLS Martha	**13** 6:15 HIIT Jillian 9:30 CSY Rachel 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 1:00 PACE Olivia 2:00 LINE DANCING Darolyn 5:30 Ride/Sculpt/Stretch Enver 6:45 CALORIE BLAST Enver	**14** 6:15 RIDE Barb 9:30 4 X 4 Mandy 11:15 ZUMBA Darolyn 12:15 RIDE Marci 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Deenah	**15** 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel
16 9:00 ZUMBA Deenah 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Shelly	**17** 6:15 RIDE/SCULPT/YOGA Deenah 8:30 SCULPT Shannon 9:30 STEP INTERVAL Rachel 12:00 RIDE Rachel 1:15 GENTLE FIT Shauna 2:00 CLOGGING Darolyn 5:00 STRENGTH CIRCUIT Olivia 6:15 RIDE Barb 7:15 CORE BOOT CAMP Martha	**18** 8:30 MIIT Marci 9:15 Holiday Master Class Darolyn, Clovis Amandev 10:30ZU ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 5:30 RIDE/SCULPT/YOGA Deenah 6:45 KICK Sam	**19** 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Marci 9:30 CIRCUIT Rachel 12:00 RIDE/SCULPT Clovis 1:15 Holiday Mindfulness Meditation Kim 5:30 HI LO PARTY Shelly 6:30 RIDE Rebecca 7:45 BARS & BELLS Martha	**20** 6:15 HIIT Jillian 9:30 CSY Marci 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 5:30 Ride/Sculpt/Stretch Clovis 6:45 CALORIE BLAST Clovis (fitness area)	**21** 6:15 RIDE Chantal 9:30 4 X 4 Mandy 11:15 ZUMBA Darolyn 12:15 RIDE Marci 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Darolyn	**22** 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Chantal
23 9:00 ZUMBA Liad 10:00 B & B Clovis 11:00 HI LO PARTY Shelly 12:00 RIDE Ulla	**24** 6:15 RIDE/SCULPT/YOGA Rebecca 8:30 SCULPT Rachel 9:30 STEP INTERVAL Rachel 12:00 RIDE Marci 1:15 GENTLE FIT Shauna OPEN 6-4:00	**25** CLOSED	**26** OPEN 8-4:00 8:30 CIRCUIT Shannon 9:30 CIRCUIT Shelly 12:00 RIDE/SCULPT Clovis	**27** 6:15 HIIT Jillian 9:30 CSY Marci 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 5:30 Ride/Sculpt/Stretch Clovis 6:45 CALORIE BLAST Clovis	**28** 6:15 RIDE Barb 9:30 4 X 4 Marci 11:15 ZUMBA Darolyn 12:15 RIDE Chrissy 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Darolyn	**29** 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel
30 9:00 ZUMBA Liad 10:00 B & B Clovis 11:00 HI LO PARTY Shelly 12:00 RIDE Ulla	**31** 6:15 RIDE/SCULPT/YOGA Rebecca 8:30 SCULPT Rachel 9:30 STEP INTERVAL Rachel 12:00 RIDE Marci 1:15 GENTLE FIT Shauna OPEN 6-4:00					

CLASS SCHEDULE, LOCATION, AND INSTRUCTOR SUBJECT TO CHANGE WITHOUT NOTICE