

STUDIO A

12/2/18-12/30/18



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

POWER HOUR CYCLE
6:00am-7:00am
Tony

TABATA CYCLE
6:30am-7:30am
Tony

POWER HOUR CYCLE
6:00am-7:00am
Tony

TABATA CYCLE
6:30am-7:30am
Tony

POWER HOUR CYCLE
6:00am-7:00am
Tony

CYCLE FIT
7:45am-8:45am
Justine

DANCE2FIT
9:15am-10:15am
Missy

DANCE2FIT
9:00am-10:00am
Missy

DANCE2FIT
9:00am-10:00am
Missy

TABATA CYCLE
6:00pm-6:30pm
Kim
BEGIN TO CYCLE
6:40pm-7:10pm
Kim

DANCE2FIT
6:00pm-7:00pm
Missy

STUDIO B

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

YOGA
6:00am-7:00am
Carole

GROUP STRENGTH
5:30am-6:15am
Tony

YOGA
6:00am-7:00am
Carole

GROUP STRENGTH
5:30am-6:15am
Tony

YOGA
6:00am-7:00am
Carole

STRALA YOGA
8:00am-9:00am
Kendra

KICKFIT
9:15am-9:45am
Laura

YOGA
9:30am-10:30am
Justine

KICKFIT
9:15am-9:45am
Laura

YOGA
9:30am-10:30am
Justine

YOGA BEGIN
9:15am-10:00am
Carole

YOGA
5:30pm-6:30pm
Justine

CORE
5:30pm-5:45pm
Larwan

YOGA
5:30pm-6:30pm
Justine

CORE
5:30pm-5:45pm
Larwan

POUND
6:45pm-7:30pm
Erin

GROUP STRENGTH
5:50pm-6:15pm
Larwan

GROUP STRENGTH
5:50pm-6:15pm
Larwan

STRALA YOGA
5:30pm-6:30pm
Kendra

WINTER GROUP EXERCISE SCHEDULE

AGE REQUIREMENTS:

- **Ages 12 to 15**
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16-17**
May use Fitness area without parent present but must have a waiver on file.



Please contact Brice Davis, Healthy Living and Sports Director, with questions.