### STUDIO A

### 12/2/18-12/30/18

S	u	n	d	a	y

# Monday

# Tuesday

# Wednesday Thursday

# **Friday**

## **Saturday**

**POWER HOUR** CYCLE

Tony

Missy

TABATA CYCLE 6:30am-7:30am 6:00am-7:00am Tony

**POWER HOUR** CYCLE

TABATA CYCLE 6:30am-7:30am CYCLE 6:00am-7:00am Tony

POWER HOUR

CYCLE FIT 7:45am-8:45am

6:00am-7:00am Justine

Tony



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

### DANCE2FIT

DANCE2FIT

DANCE2FIT

9:00am-10:00am

9:15am-10:15am 9:00am-10:00am Missy

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

GROUP

5:30am-6:15am Carole

Tuesday

Tonv

Tony

# Wednesday Thursday

YOGA GROUP 6:00am-7:00am STRENGTH

5:30am-6:15am Carole

Tonv

## Friday

YOGA **STRALA** 6:00am-7:00am YOGA

> 8:00am-9:00am Kendra

#### **YOGA BEGIN**

9:15am-10:00am

**Saturday** 

Carole

# YOGA

9:15am-9:45am

6:00am-7:00am STRENGTH Carole

### **KICKFIT**

9:15am-9:45am

Laura **SPEED** 

YOGA

9:50am-10:10am 9:30am-10:30am 9:50am-10:10am 9:30am-10:30am

Laura

**SPEED** 

Laura

**KICKFIT** 

## Justine

YOGA

Laura

Justine

#### YOGA

5:30pm-6:30pm Justine

#### **POUND**

6:45pm-7:30pm Erin

#### CORE

Larwan

5:30pm-5:45pm Larwan

# **GROUP** STRENGTH 5:50pm-6:15pm

#### **YOGA** 5:30pm-6:30pm Justine

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

Larwan

**CORE** 

# 5:30pm-5:45pm **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.