

## DECEMBER 2013-GROUP FITNESS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>6am</b>-Step w/ Roni  <b>8:30</b>- HiLo Dance w/ Heather  <b>10:30</b>- Integral Yoga w/Dawn S.  <b>12:15 pm</b> – Forever Fit w/ Clayton  <b>4:30</b>- Circuit Training w/ Clayton  <b>5:30</b>- Body Pump™ w/Jess J.  <b>6:30</b>- Just ABS w/ Jess J.  <b>15 min</b></p>	<p><b>6am</b>- Body Pump™ w/Jess B.  <b>8:30</b>- Kettle bells &amp; Cardio w/ Maria  <b>9:30</b>- Strong &amp; Stable w/ Heather  <b>10:30</b>- CORE Basics w/Heather    <b>4:30</b>- Booty Barre® w/ Jess H.  <b>5:30</b>- Body Combat™ w/Jess B.  <b>6:30</b>- Pilates w/ Jess H.  <b>No FEE...Free class!</b></p>	<p><b>6am</b>- Balls, Bands, &amp; ABS w/ Sonya  <b>9:30</b>-<b>No Class</b>  <b>10:30</b>- Integral Yoga w/ Dawn    <b>4:30</b>- Zumba® w/ Richelle  <b>5:30</b>- Body Pump™ w/Jess J.  <b>6:30</b>- Just ABS w/ Jess J.  <b>15 min</b></p>	<p><b>6am</b>- Pure Strength w/ Sonya  <b>8:30</b>-Step &amp; HiLo w/ Heather  <b>9:30</b>- Strong &amp; Stable w/ Heather  <b>10:30</b>- CORE Basics w/Heather    <b>4:00</b>- Gentle Yoga w/ Jess H.  <b>5:30</b>- Booty Barre® w/ Jess H.  <b>6:30</b>- Yogafit w/ Jess H.</p>	<p><b>6am</b>- Boot camp w/ Meg  <b>8:30</b>- Pure Strength w/ Roni  <b>10:30</b>-Kripalu Flow w/ Jessica R.    <b>12:15 pm</b> – Forever Fit w/ Clayton</p>	<p><b>8am</b>-Kettle bells &amp; Step w/ Mel    <b>9am</b>- ZUMBA® w/ Mel    <b>10</b>- Yogafit w/ Cathy</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>6am</b>- HiLo w/ Roni  <b>8:30</b>- Zumba® w/ Jess J.  <b>10:30</b>- Integral Yoga w/Dawn S.    <b>12:15 pm</b> – Forever Fit w/ Clayton  <b>4:30</b>- Body Combat™ w/Jess B.  <b>5:30</b>-Step w/ Richelle  <b>6:30</b>- Just ABS w/ Richelle  <b>15 min</b></p>	<p><b>6am</b>-Pure Strength w/ Meg  <b>8:30</b>- Kettle bells &amp; Step w/ Maria  <b>9:30</b>- Strong &amp; Stable w/ Heather  <b>10:30</b>- CORE Basics w/Heather    <b>4:30</b>- Yogafit w/ Jess H.  <b>5:30</b>- Body Pump™ w/Jess J.  <b>6:30</b>- Booty Barre® w/ Jess H.</p>	<p><b>6am</b>- Lean Legs &amp; ABS w/ Sonya  <b>9:30</b>-<b>No Class</b>  <b>10:30</b>- Integral Yoga w/ Dawn    <b>4:30</b>- Circuit Training w/ Clayton  <b>5:30</b>- Boot camp w/ Meg  <b>6:30</b>-Just ABS w/ Meg <b>15 min</b></p>	<p><b>6am</b>- Body Pump™ w/Jess J.  <b>8:30</b>- HiLo Dance w/ Heather  <b>9:30</b>- Strong &amp; Stable w/ Heather  <b>10:30</b>- CORE Basics w/Heather    <b>4:00</b>- Gentle Yoga w/ Clayton  <b>5:30</b>- Body Pump™ w/Jess B.  <b>6:30</b>- Yogafit w/ Cathy</p>	<p><b>6am</b>- Cardio Attack w/ Jody  <b>8:30</b>- Step &amp; Sculpt w/ Roni  <b>10:30</b>-Kripalu Flow w/ Jessica R.    <b>12:15 pm</b> - Forever Fit w/ Clayton</p>	<p><b>8am</b>-Boot camp w/ Mel    <b>9am</b>- Kettle bells &amp; Step w/ Mel    <b>10</b>- Vigorous Kripalu Flow w/ Jessica R.</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>6am</b>- Step &amp; ABS w/ Roni  <b>8:30</b>- Booty Barre® w/ Jess H.  <b>10:30</b>-Integral Yoga w/Dawn S.  <b>12:15 pm</b> – Forever Fit w/Clayton  <b>4:30</b>- Circuit Training w/ Clayton  <b>5:30</b>- Body Pump™ w/Jess B.  <b>6:30</b>- Just ABS w/ Jess B.  <b>15 min</b></p>	<p><b>6am</b>- Body Pump™ w/Jess J.  <b>8:30</b>-Cardio Mash-Up w/ Maria  <b>9:30</b>- Booty Barre® w/ Jess H.  <b>10:30</b>- Pilates w/ Jess H.  <b>No FEE...Free class!</b>  <b>4:30</b>- Pilates w/ Jess H.  <b>No FEE...Free class!</b>  <b>5:30</b>- Booty Barre® w/ Jess H.  <b>6:30</b>- Vigorous Kripalu Flow w/Jessica R.</p>	<p><b>6am</b>- Balls, Bands &amp; ABS w/ Sonya  <b>9:30</b>- Pilates w/ Jess H.  <b>No FEE...Free class!</b>  <b>10:30</b>- Integral Yoga w/Dawn    <b>4:30</b>-Sweat Express w/ Richelle  <b>5:30</b>- Boot camp w/ Meg  <b>6:30</b>- Just ABS w/ Meg  <b>15 min</b></p>	<p><b>6am</b>- Pure Strength w/ Meg  <b>8:30</b>- HiLo Dance w/ Heather  <b>9:30</b>- Strong &amp; Stable w/ Heather  <b>10:30</b>- CORE Basics w/Heather    <b>4:00</b>- Gentle Yoga w/ Jess H.  <b>5:30</b>- Zumba® w/ Jess J.  <b>6:30</b>- Booty Barre® w/ Jess H.</p>	<p><b>6am</b>- Body Combat™ w/Jess B.  <b>8:30</b>-Vigorous Kripalu Flow w/ Jessica R.  <b>10:30</b>-Gentle Kripalu Flow w/ Jessica R.    <b>12:15 pm</b> – Forever Fit w/ Clayton</p>	<p><b>8:30am</b>: Booty Barre® w/ Jess H.  75 minutes    <b>10</b>- Pilates w/ Jess H.  <b>NO FEE... FREE CLASS!</b></p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>6am</b>- Sweat Express w/ Roni  <b>8:30</b>- Step &amp; Sculpt w/ Richelle  <b>10:30</b>- <b>No Class</b>    <b>12:15 pm</b> – Pilates w/ Jess H.  <b>No FEE...Free class!</b>  <b>4:30</b>- Booty Barre® w/ Jess H.  <b>5:30</b>- Body Combat™ w/Jess B.  <b>6:30</b>- Just ABS w/ Jess B.  <b>15 min</b></p>	<p><b>6am</b>- Pure Strength w/ Sonya  <b>8:30</b>- Body Pump™ w/Jess J.  <b>9:30</b>- Zumba® w/ Richelle  <b>10:30</b>- Yogafit / Jess H.    <b>Closed at Noon! No afternoon or evening classes!</b></p>	<p style="text-align: center;"><b>Closed for the Christmas holiday!</b>  <b>We hope that you have a Merry Christmas with your family and friends!</b></p>	<p><b>6am</b>- Body Pump™ w/Jess J.  <b>8:30</b>- Zumba® w/ Jess J.  <b>9:30</b>- <b>No Class</b>  <b>10:30</b>- <b>No Class</b>    <b>4:00</b>- <b>No Class</b>  <b>5:30</b>- Body Pump™ w/Jess B.  <b>6:30</b>- Yogafit w/ Cathy</p>	<p><b>6am</b>- Balls, Bands &amp; ABS w/ Sonya  <b>8:30</b>- Vigorous Kripalu Flow w/ Jessica R.  <b>10:30</b>-Gentle Kripalu Flow w/ Jessica R.    <b>12:15 pm</b> – <b>No Class</b></p>	<p><b>8am</b>- Body Pump™ w/ Jess B/ &amp; Jess J.    <b>9:00am</b>- Body Combat™ w/Jess B. &amp; Jody  New Release launch!</p>
<b>30</b>	<b>31</b>	<b>Sunday, Dec 8<sup>th</sup> @ 12:30pm-Yogafit w/ Cathy</b>		<b>NEWCLASS... CXWORX™ launch coming in January! Details to come!</b>	<b>Complimentary week passes are available at the Fitness Center desk! Bring a friend!</b>
<p><b>6am</b>-Boot camp w/ Meg  <b>8:30</b>- HiLo Dance w/ Heather  <b>10:30</b>- <b>No Class</b>    <b>12:15 pm</b> – <b>No Class</b>  <b>4:30</b>- Zumba® w/ Richelle  <b>5:30</b>- Body Pump™ w/Jess J.  <b>6:30</b>- Just ABS w/ Jess J.  <b>15 min</b></p>	<p><b>6am</b>-Pure Strength w/ Sonya  <b>8:30</b>- Kettle bells &amp; Step w/ Maria  <b>9:30</b>- Strong &amp; Stable w/ Heather  <b>10:30</b>- CORE Basics w/Heather    <b>Closed at 3pm! No evening classes!</b>  <b>Happy New Year!</b></p>			<p><b>GOT STRENGTH starts January 6<sup>th</sup>...sign up now!</b></p>	

**DECEMBER 2013-SPIN® ROOM**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<p><b>2</b></p> <p>6am- w/Lis</p> <p>6:30pm –w/Jesse</p>	<p><b>3</b></p> <p><b>*5:45am:w/ Jody</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm- w/Cathy</p>	<p><b>4</b></p> <p>6am- w/Jody</p> <p>6:30pm – w/Erin</p>	<p><b>5</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm-w/Jody</p>	<p><b>6</b></p> <p>6am- w/Lis</p> <p>5:30pm- w/ Cathy</p>	<p><b>7</b></p> <p>9am-w/Cathy</p>
<p><b>9</b></p> <p>6am- w/Jody</p> <p>6:30pm – w/ Erin</p>	<p><b>10</b></p> <p><b>*5:45am:w/ Cathy</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm- w/Jody</p>	<p><b>11</b></p> <p>6am- w/Jody</p> <p>6:30pm – w/Erin</p>	<p><b>12</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm-w/Cathy</p>	<p><b>13</b></p> <p>6am- w/Lis</p> <p>5:30pm- w/ Cathy</p>	<p><b>14</b></p> <p>9am-w/ Erin</p>
<p><b>16</b></p> <p>6am- w/Lis</p> <p>6:30pm –w/Cathy</p>	<p><b>17</b></p> <p><b>*5:45am: w/ Jody</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm-w/Erin</p>	<p><b>18</b></p> <p>6am- w/Jody</p> <p><b>Jeopardy Spin</b></p> <p><b>“Battle of the Sexes”</b></p> <p>6:30pm – w/Jesse</p>	<p><b>19</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm-w/Jesse</p>	<p><b>20</b></p> <p>6am- w/ Lis</p>	<p><b>21</b></p> <p>9am-w/Jody</p> <p><b>Jeopardy Spin</b></p> <p><b>“Battle of the Sexes”</b></p>
<p><b>23</b></p> <p>6am- w/Lis</p> <p>6:30pm – w/Cathy</p>	<p><b>24</b></p> <p><b>*5:45am: w/ Jody</b></p> <p><b>Closed at Noon! No afternoon or evening classes!</b></p>	<p><b>25</b></p> <p><b>Closed for the Christmas holiday!</b></p> <p><b>We hope you have a Merry Christmas with your friends and family!</b></p>	<p><b>26</b></p> <p>Noon SPIN w/ Cindy</p> <p>5:30pm-w/Jesse</p>	<p><b>27</b></p> <p>6am- w/Lis</p>	<p><b>28</b></p> <p>9am-w/Cindy</p>
<p><b>30</b></p> <p>6am- w/ Lis</p> <p>6:30pm – w/Erin</p>	<p><b>31</b></p> <p><b>*5:45am: w/ Cathy</b></p> <p>Noon SPIN w/ Cindy</p> <p><b>Closed at 3pm! No afternoon or evening classes!</b></p>	<p><b>60 min SPIN® every Sunday @</b></p> <p><b>11:15am: 8<sup>th</sup>- Cathy</b></p> <p><b>15<sup>th</sup>-Erin</b></p> <p><b>22<sup>nd</sup>-Erin</b></p> <p><b>29<sup>th</sup>-Erin</b></p>	<p><b>Sunday, Dec 8<sup>th</sup> @ 12:30pm-Yogafit w/ Cathy</b></p>	<p><b>Complimentary week passes are available at the Fitness Center desk! Bring a friend!</b></p>	