

DECEMBER 2024

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am		Gentle Yoga-Jodie	Gentle Yoga-Cassidy	Flow Yoga-Kat	Power Yoga-Kat	
9:00 am	Total Body-Bonnie	HIIT-Bonnie	Pilates-Bonnie	HIIT-Bonnie	Total Body-Bonnie	Flow+Restore-Kat
10:00 am	Aqua Aerobics-Bonnie	Barre-Bonnie	Aqua Aerobics-Bonnie	HIIT-Bonnie	Aqua Zumba-Bonnie	
10:00 am	Stretch-Cassidy		Stretch-Cassidy			
11:00 am	Aqua Aerobics-Bonnie		Aqua Aerobics-Bonnie			
11:00 am	Yoga Nidra-Cassidy					
4:00 pm		Sweat+Strength-Kat		Sweat+Strength-Kat		
5:00 pm		Restore Yoga-Kat		Restore Yoga-Kat		