

December

Group Fitness Schedule 2018

Center Hours:
 Mon-Fri 5am-9pm
 Sat 7am-7pm
 Sun 1pm-5pm

Holiday Hours:
Christmas Eve 5am-3pm
Christmas Day closed
New Years Eve 5am-3pm

No Classes
December 1st,
15th, 23rd, 24th,
25th, 30th, 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20-6:00am	Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind	Ampd Powerflow®	7:15-8:15am Cycle Saturday	
7:50-8:35am	Silver Splash®	Aqua Rhythm	Aqua Blast	Aqua Revive	H2O Stroll	8:30-9:15am Butts & Guts	
8:15-9:00am		Ampd Powerflow®		Intervelocity	Yoga	9:30-10:15am Aqua Zumba®	4:00-4:45pm PiYo Live®
8:45-9:25am	Stayn' aFLOWt	Wellness Waves	Bon Voyage	Aqua Restore	Bobbin Bottoms		
10:00-10:45am	Silver Sneakers Circuit®	Boom Move®	Silver Sneakers Classic®	Boom Mind®	Strong Sticks		
4:30-5:15pm	Kick It!			Butts & Guts	Cycle Essence		
5:30-6:15pm	Step It Up!	PiYo Live®	Rhythm Ride	Zumba®			
6:20-7:00pm	Aqua Zumba®	Intervelocity	Aqua StrutStrengthStretch	Ampd Powerflow®			

Holiday Fit Fair
December 15th
8:00-10:00am

KID Friendly Classes! 1st grade & up welcome in ALL classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.

Gym Schedule	Wednesday	Friday	Saturday
Classes and Volleyball listed in black will have 1/2 gym available. Times opposite of what is listed in black will be full open gym. Please see front desk for questions! thanks!	Drop - In Volleyball (high school & up) 6:30-8:30pm 5th, 12th & 19th free for members \$5 non-members	Open Volleyball (all ages) 3:30-9:00pm 7th, 14th, 21st & 28th daily admission or membership	Open Volleyball (all ages) 7:00am-1:00pm 8th, 15th, 22nd & 29th daily admission or membership



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