

Group Fitness December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BodyPump (1)	Jackie VIRTUAL Karen Karen Sheila 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 RPM (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 Bootcamp (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 RPM (3) 6:30 BodyPump (1)	6:00 BodyPump (1) Asheila 8:30 BodyCombat (1) Ashley 8:30 SPIN 45 (3) Monique 9:00 Aqua BC (P) Stephanie 9:00 Barre (2) Cassie 9:00 Core 25 (1) Sara 10:00 PureMuscle 45(1) Sara 10:15 Barre (2) Stephanie 10:30 BodyPump (1) Sheila 4:30 BST/BP 75 (1) Mikaela 6:00 BodyBalance (2) Meg 6:45 Cardio Dance (1) Ally 7:00 Rest. Yoga 45 (2) Kristi Courtney Alesia Karen VIRTUAL Ashley	5:45 SPRINT (3) Sarah C 8:00 Tone & Balance 45 (2) Monique 8:30 BodyAttack (1) Eric 9:00 Pilates (2) Jennifer 9:00 BodyBalance (2) Chelsea 9:00 SPRINT (3) VIRTUAL Erika 10:15 Aqua (P) Ashley 10:30 BodyPump (1) Alesia 10:45 Go Low(1) Kristi 12:00 BodyPump 45 (1) Jenna 12:00 RPM (3) Kristi 5:30 BodyCombat (1) Karen 5:30 RPM (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Sara 9:00 Aqua BC (P) Stephanie 9:00 Pilates (2) Karen 9:20 Zumba 45 (1) Ally 9:15 BOSU + Recover(1) Jennifer 10:00 SPRINT (3) Donna 10:15 QiGong (2) Karen 10:30 BodyPump (1) Stephanie 5:00 Barre (2) VIRTUAL 5:30 BootCamp (1) Mikaela 6:45 Cardio Dance (1) VIRTUAL Kristi Michael Ashley	5:45 SPRINT (3) Sara 8:00 Tone & Balance 45(2) Karen K 9:00 BodyBalance (2) Sara 9:00 SPIN 45 (3) Karen 9:15 BOSU + Recover(1) Monique 9:30 BodyPump (1) Mikaela 9:30 BodyPump (1) Bill/Linda 10:00 Jintercize (P) Ashley 10:15 Power Yoga (2) VIRTUAL 10:45 Go Low (1) Philip 12:00 SPIN (3) VIRTUAL 1:15 Rest. Yoga (2) Ashley 5:30 BodyPump (1)	6:00 BodyPump (1) Jackie 8:30 BodyCombat(1) VIRTUAL 8:30 RPM (3) VIRTUAL 9:00 Aqua BC (P) 9:00 BodyBalance(2) Stephanie 9:00 BodyPump (1) Chelsea 9:00 SPRINT (3) Sheila 9:00 BodyPump (1) Stephanie 10:15 BodyAttack (1) Michael 10:00 Barre (2) Jennifer 11:00Yoga (2) Sara Karen Ashley	8:00 BodyStep (1) Jackie 8:00 RPM (3) Meg 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance(2) Jackie 9:00 BodyPump (1) Courtney 9:00 SPRINT (3) Mikaela 10:15 BodyAttack (1) Shannon 10:00 Barre (2) Candace 11:00Yoga (2) Kristi
8	9	10	11	12	13	14	
11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BodyPump (1)	Alesia Michael Sheila Sheila Ashley 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 RPM (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 RPM (3) 6:30 BodyPump (1)	6:00 BodyPump (1) Sheila 8:30 BodyCombat (1) Ashley 8:30 BodyAttack (1) Stephanie 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance (2) Chelsea 9:00 SPRINT (3) Eric 10:15 Barre (2) Eric 10:30 BodyPump (1) Jennifer 4:30 BST/BP 75 (1) Jenna 6:00 BodyBalance (2) Monique 6:45 Cardio Dance (1) Meg 7:00 Rest. Yoga 45 (2) Ally Candace Mikaela Kristi Karen VIRTUAL Ashley	5:45 SPRINT (3) Wade 8:00 Tone & Balance 45 (2) Monique 8:30 BodyAttack (1) Eric 9:00 Aqua BC (P) Stephanie 9:00 Pilates (2) Stephanie 9:20 Cardio Dance 45 (1) Jenna 10:10 Core 30 (1) Sara 10:15 Aqua (P) Cassie 10:15 Yoga (2) Ashley 10:45 Go Low(1) Alesia 12:00 BodyPump 45 (1) Kristi 12:00 RPM (3) Jenna 5:30 BodyCombat (1) Karen 5:30 RPM (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Jennifer 9:00 Tone & Balance 45(2) Pam 9:00 BodyBalance (2) Karen 9:00 SPIN 45 (3) Jenna 9:15 Bootcamp + Recover(1) Jenna 10:00 SPRINT (3) Donna 10:15 QiGong (2) Karen 10:30 BodyPump (1) Jennifer 5:00 Barre (2) VIRTUAL 5:30 BootCamp (1) Ashley 6:45 Cardio Dance (1) VIRTUAL Jennifer Alesia Courtney	5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Stephanie 9:00 BodyBalance (2) Karen 9:00 SPIN 45 (3) Michael 9:00 Aqua (P) Eric 9:00 Barre (2) VIRTUAL 9:30 BodyPump (1) Bill/Linda 10:00 Jintercize (P) Ashley 10:15 Power Yoga (2) VIRTUAL 10:45 Go Low (1) Courtney 1:15 Rest. Yoga (2) Jenna 5:30 BodyPump (1) Ashley	6:00 BodyPump (1) Jackie 8:30 Kickboxing (1) Stephanie 8:30 RPM (3) VIRTUAL 9:00 Aqua (P) Kristi 9:00 BodyBalance(2) Cassie 9:00 BodyPump (1) Jackie 9:30 BodyPump (1) Sheila 9:00 SPRINT (3) Kristi 10:15 BodyAttack (1) Ashley 10:15 Power Yoga (2) Jenna 10:00 Barre (2) Eric 11:00 Yoga (2) Meg Jenna Ashley	8:00 BodyStep (1) Jackie 8:00 RPM (3) Sarah C 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance(2) Karen 9:00 BodyPump (1) Jackie 9:00 SPRINT (3) Shannon 10:15 BodyAttack (1) Ashley 10:00 Barre (2) Erika 11:00 Yoga (2) Sheila

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BodyPump (1)</p> <p>Jackie Michael Sheila Ashley</p>	<p>16</p> <p>6:00 BodyPump (1) 8:30 Kickboxing (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 RPM (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 RPM (3) 6:30 BodyPump (1)</p> <p>Sheila Stephanie Monique Jennifer Cassie Eric Eric Jennifer Jenna Sheila Meg Ally Erika Mikaela Kristi Karen Courtney</p>	<p>17</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Sarah C Stephanie Eric Donna Cassie Sara Candace Sheila Alesia Kristi Jenna Karen</p>	<p>18</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 5:30 BodyCombat (1) 5:30 RPM (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Jennifer Stephanie Karen Jenna Jenna Donna Karen Monique Jenna Mikaela Jennifer Michael Sheila</p>	<p>19</p> <p>5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU + Recover(1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:30 BodyPump (1) 5:00 Barre (2) 5:30 BootCamp (1) 6:45 Cardio Dance (1)</p> <p>Sara Monique Sheila Chris O Eric Mikaela Bill/Linda Mikaela Philip Jenna</p>	<p>20</p> <p>6:00 BodyPump (1) 8:30 BodyCombat (1) 8:30 RPM (3) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga (2) 5:30 BodyPump (1)</p> <p>VIRTUAL VIRTUAL VIRTUAL Stephanie Chelsea Sheila Stephanie Michael Eric Sara Jenna Mikaela</p>	<p>21</p> <p>8:00 BodyAttack (1) 8:00 RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:00 Yoga (2)</p> <p>VIRTUAL VIRTUAL VIRTUAL Chelsea Courtney Sarah C Shannon Erika Michael</p>
<p>22</p> <p>1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BST/BP 90 (1)</p> <p>Michael Jenna Jenna Alesia</p>	<p>23</p> <p>6:00 BodyPump (1) 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 RPM (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 Bootcamp (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 RPM (3) 6:30 BodyPump (1)</p> <p>VIRTUAL VIRTUAL Sara Jennifer Chelsea Sara Sara Jennifer Karen Ally Ally Kristi Courtney Pam Karen Shannon</p>	<p>24</p> <p>No Classes Today. Gym Hours: 7a-12p</p> <p></p>	<p>25</p> <p></p> <p>No Classes Today. Gym Closed.</p>	<p>26</p> <p>9:00 BodyBalance (2) 10:00 SPRINT (3) 10:15 QiGong (2) 10:30 BodyPump (1)</p> <p>VIRTUAL VIRTUAL Bill/Linda VIRTUAL</p> <p>Gym Hours: 7a-6p</p>	<p>27</p> <p>6:00 BodyPump (1) 8:30 Kickboxing (1) 8:30 RPM (3) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 RPM (3) 1:15 Rest. Yoga (2) 5:30 BodyPump (1)</p> <p>Ashley Alesia VIRTUAL Kristi Cassie VIRTUAL Kristi Karen Ally Meg Jenna VIRTUAL</p>	<p>28</p> <p>8:00 BodyCombat (1) 8:00 RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:00 Yoga (2)</p> <p>VIRTUAL Meg Pam Cassie Shannon VIRTUAL Ashley Chelsea Karen</p>
<p>29</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BodyPump (1)</p> <p>Jackie Michael Jenna Ashley</p>	<p>30</p> <p>6:00 BodyPump (1) 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 RPM (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 Bootcamp (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 RPM (3) 6:30 BodyPump (1)</p> <p>VIRTUAL Ashley Sara Pam Cassie Eric Eric Pam Jenna Sara Meg Ally Candace Philip Kristi Karen Alesia</p>	<p>31</p> <p>8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1)</p> <p>Sara Eric Donna Jenna Sara Chelsea Sheila</p> <p>Happy New Year's Eve!</p> <p>Gym Hours: 7a-4p</p>	<p>Class Changes for December</p> <p>Monday: Barre will move to 9:00 and Yoga will move to 10:15</p> <p>Tuesday: BodyPump will move to 10:30</p> <p>Thursday: Bootcamp/BOSU will move to 9:15 and BodyPump will move to 10:30</p> <p>Friday: Power Yoga will move to 10:15</p>			