





ADULT FITNESS

Holiday Drop-In Schedule December 24th– January 6th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	29
	AQUA FIT 8:00AM-8:45AM EASY FIT 11:00AM-12:00PM		EASY FIT 11:00AM-12:00PM	CARDIO CIRCUIT 9:15AM-10:00AM MODERATE YOGA 11:00AM-12:00PM TRX 2:15PM-3:00PM	AQUA FIT 8:00AM-8:45AM EASY FIT 11:00AM-12:00PM CARDIO CIRCUIT 12:10PM-12:50PM AQUA FIT 2:00PM-2:45PM	CYCLE 8:00AM-8:45AM
30	31	1	2	3	4	5
	CARDIO CIRCUIT 9:15AM-10:00AM AQUA FIT 8:00AM-8:45AM		BOOTCAMP 6:00AM-6:45AM AQUA FIT 8:00AM-8:45AM CARDIO CIRCUIT 9:15AM-10:00AM EASY FIT 11:00AM-12:00PM FUNCTIONAL FIT 12:10PM-12:50PM AQUA FIT 2:00PM-2:45PM BOOTCAMP 5:30PM-6:15PM	DYNAMIC BOXING 9:15AM-10:00AM MODERATE YOGA 11:00AM-12:00PM TRX 2:15PM-3:00PM FUNCTIONAL FIT 5:30PM-6:15PM	AQUA FIT 8:00AM-8:45AM EASY FIT 11:00AM-12:00PM CYCLE 12:10PM-12:50PM AQUA FIT 2:00PM-2:45PM	CYCLE 8:00AM-8:45AM

*Wishing you a safe, healthy holiday!
Please note, there are no classes on Christmas Day or New Years Day.*