

GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM 6AM		LES MILLS BODYPUMP LEE 5:45	LES MILLS PILATES LESLIE 6AM	LES MILLS BODYPUMP 5:45 VIRTUAL	LES MILLS BODYFLOW LEE 5:45	
8AM		LES MILLS CORE SANDY		CORE SHERRY		
8:30AM 8:45AM	LES MILLS BODYPUMP 8:45 SANDY	ZUMBA 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	LES MILLS BODYCOMBAT 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	
9:15AM 9:35AM 9:50AM	PILATES 9:50AM JULIE (45M)	RESTORATIVE YOGA 9:35 MAYA	PILATES 9:50AM KIM D (45M)	BLENDED YOGA 9:35	PILATES 9:50AM JULIE (45M)	LES MILLS BODYPUMP 9:15AM LESLIE/LEE
10:20AM 10:45AM 11:20AM	SilverSneakers YOGA 10:45 TERRI	SilverSneakers 10:45 SANDY	SilverSneakers 10:45 BONNIE	SilverSneakers 10:45 SHERRY	CHAIR YOGA 10:45 BONNIE LINE DANCING 11:20 Bonnie	LES MILLS BODYFLOW Flexibility 10:20 AM LES/LEE(30)
5PM	BUTTS AUDREA	CORE! MELANIE		LES MILLS BODYPUMP LEE		HIP HOP CARDIO DEVON 11 AM
5:30PM	Club Jam JEREMY	SHINE DANCE FITNESS™ MEG	LES MILLS CORE JOAN (30)			
6:20PM	GYM YOGA GERRY	YOGA JUSTIN				

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:15AM			LES MILLS sprint 5:15AM JOAN		
8:15AM 9:50AM	LES MILLS RPM 30 9:50AM SANDY		LES MILLS RPM 30 9:50AM MARK		LES MILLS RPM 8:15AM LEE
5:30/5:45PM 6:15PM	LES MILLS RPM 5:30PM LESLIE	LES MILLS sprint 5:45PM JOAN	LES MILLS sprint 6:15PM MARK	LES MILLS RPM 5:45PM LEE	

BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5 AM	FITCAMP TRAVIS	CARDIO BLAST GRAYSON	FITCAMP TRAVIS	CARDIO BLAST GRAYSON	FITCAMP TRAVIS	
9AM	Strength UPPER RHONDA	CARDIO BLAST AMELIE	Strength LOWER LINDSAY	CARDIO BLAST AMELIE	Strength ARMS/CORE LINDSAY	FatBlast Total Body LINDSAY
12:10PM	FatBlast 45 UPPER LISA	Kettlebell Strength & Conditioning 45 KENDRA	FatBlast 45 LOWER RHONDA	CARDIO BLAST 45 AMELIE	FatBlast 45 ARMS/CORE APRIL	Kettlebell Strength & Conditioning KENDRA 10am
5:30PM	Strength UPPER LINDSAY	CARDIO BLAST AUDREA	Strength LOWER LINDSAY	CARDIO BLAST AMELIE		

POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	AQUA TABATA SHERRY	H2O CARDIO SANDY	H2O CARDIO SHERRY	AQUA TABATA SHERRY	aqua ZUMBA BONNIE
10AM	ARTHRITIS SHERRY		ARTHRITIS SANDY		ARTHRITIS SANDY
6PM		AQUA TABATA 6PM SHERRY		AQUA BOXING 6PM SHERRY	

DECEMBER 2024

Holiday Hours:

Christmas Eve—8am to 12pm; No classes

Christmas Day—Closed

Thu, Dec. 26—10am to 2pm; No classes

New Year's Eve—Close at 6pm

New Year's Day—8am to 12pm; No classes

