

Happy Holidays

Group Fitness Schedule & Staffed Hours

Sunday 12/24

8:30 am Cycle w Melissa

Monday 12/25

No Classes

MERRY CHRISTMAS

Tuesday 12/25

8:30 am Cycle/Core w Anne

6:00 pm Tabata w Keri

Wednesday 12/27

8:45 am Cardio Strength w Kelly

6:00 pm Bootcamp w Paul

Thursday 12/28

8:30 am Cycle w Anne

6:00 pm Core w Keri

Friday 12/29

8:45 am Cardio Strength w Keri

Saturday 12/30

9:00 am Yogalates w Gretchen

Sunday 12/31

NEW YEARS EVE

8:30 am Cycle w Melissa

HAPPY NEW YEAR

Monday 1/1

7:45 am Total Strength w Keri

8:34 am Cardio Strength w Keri

6:00 pm Pilates w Sharon

HOLIDAY STAFFED HOURS:

Monday, 12/25

No Staffed Hours

Monday, 1/1

No Staffed Hours