



December Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am Water Walking 8:30 am – 9:20 am Strength - Dina 9:30 am – 10:20 am Muscle Sculpt – Heather 12:00 pm -12:45 pm Yoga with Weights - Meghan 6:30 pm - 7:20 pm Bollywood Dance - Minoo	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am Yoga - Meghan 8:30 am – 9:20 am *HIIT - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm - 6:20 pm Zumba - Liu *6:30 pm – 7:20 pm Pilates with Reformer - Cou – Game Room	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Longevity Yoga - Sharon 8:30 am – 9:20 am Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Tia 8:30 am – 9:20 am Spin and Strength – Dina - Studio iii 9:30 am – 10:20 am Core - Tia 10:30 am – 11:20 am *Gentle Stretch – Christine 12:00-12:45- Hiit and Strength- Meghan 5:30 pm – 6:20 pm Muscle Sculpt – cancelled	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou – Game Room 8:30 am – 9:20 am Balance – Lana 8:30 am – 9:20 am Water Walking 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Theresia 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii 5:30 pm - 6:20 pm Zumba - Liu 6:30 pm -7:20 pm *Pilates with Reformer – Cou Game Room	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 8:50 am *Gentle Yoga - Betty 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am *Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch - Tia	8:30-9:20 Cycle- Dina Studio III 8:30-9:20- Water Aerobics- Christine 9:30-10:20- Muscle Sculpt -Dina

*Member Only Class



8	9	10	11	12	13	14
	<p>6 am – 6:50 am *Cycle – Thomas – Studio iii</p> <p>7 am – 7:50 am *Golf Yoga - Sharon</p> <p>8:30 am – 9:20 am Water Walking</p> <p>8:30 am – 9:20 am Strength - Dina</p> <p>9:30 am – 10:20 am Muscle Sculpt – Heather</p> <p>12:00-12:45 Yoga with Weights – cancelled</p> <p>6:30 pm - 7:20 pm Bollywood Dance - Minoo</p>	<p>6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii</p> <p>7 am – 7:50 am Yoga - Betty</p> <p>8:30 am – 9:20 am *HIIT - Tia</p> <p>8:30 am – 9:20 am Water Aerobics - Lana</p> <p>9:30 am – 10:20 am *Rhythmic Step – Lana</p> <p>10:30 am - 11:20 am Hatha Yoga - Evi</p> <p>5:30 pm - 6:20 pm Zumba - Liu</p> <p>6:30 pm – 7:20 pm Pilates with Reformer - Cou – Game Room</p>	<p>6 am – 6:50 am *Cycle – Thomas – Studio iii</p> <p>7 am – 7:50 am *Longevity Yoga - Sharon</p> <p>8:30 am – 9:20 am Mat Pilates - Cou</p> <p>8:30 am – 9:20 am Water Aerobics - Heather</p> <p>8:30 am – 9:20 am Spin and Strength - Dina</p> <p>9:30 am – 10:20am Core - Heather</p> <p>10:30 am – 11:20am *Gentle Stretch – cancelled</p> <p>12:00- Hiit and Strength- Meghan</p>	<p>6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii</p> <p>7 am – 7:50 am *Mat Pilates - Martha</p> <p>8:30 am – 9:20 am *Pilates with Reformer – Cou – Game Room</p> <p>8:30 am – 9:20 am Balance – Lana</p> <p>8:30 am – 9:20 am Water Walking</p> <p>8:30 am – 9:20 am *Tabata - Tia</p> <p>9:30 am – 10:20 am Strength – Lana</p> <p>10:30-11:20 Zumba - Liu</p> <p>5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii</p> <p>5:30 pm - 6:20 pm Zumba –Liu</p> <p>*6:30 pm - 7:20 pm Pilates with Reformer – Cou – Game Room</p>	<p>6 am – 6:50am *Cycle – Thomas – Studio iii</p> <p>7:00 am – 7:50 am *Gentle Yoga - Dawn</p> <p>8:30 am – 9:20 am *Strength & Conditioning - Dina</p> <p>8:30 am – 9:20 am Water Aerobics - Heather</p> <p>9:30 am – 10:20 am Muscle Sculpt – Heather</p> <p>10:30 am - 11:20 am Gentle Stretch - Heather</p>	<p>8:30 am – 9:20 am Water Aerobics - Heather</p> <p>8:30 am – 9:20 am *Cycle – Dina - Studio iii</p> <p>9:30 am – 10:20 am Muscle Sculpt – Heather</p>

*Member Only Class



15	16	17	18	19	20	21
	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga – Sharon 8:30 am – 9:20 am Water Walking 8:30 am – 9:20 am Spin & Strength – Dina - Studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather 12:00- 12:45-Yoga with Weights- Meghan 6:30 pm - 7:20 pm Bollywood Dance - Minoo	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga - Betty 8:30 am – 9:20 am *HIIT - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Yoga - Evi 5:30 pm - 6:20 pm Zumba - Liu 6:30 pm – 7:20 pm *Pilates with Reformer – Cou – Game Room	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Longevity Yoga - Sharon 8:30 am – 9:20 am Mat Pilates- Cou 8:30 am – 9:20 am Water Aerobics – Christine 8:30 am – 9:20 a m Spin and Strength - Dina 9:30 am – 10:20 am Core - Tia 10:30 am – 11:20 am Gentle Stretch – cancelled 12:00-12:45- Hiit and strength- Meghan 5:30 pm – 6:20 pm Muscle Sculpt – Heather	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou- Game Room 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Water Walking 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Theresia 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii 5:30 pm - 6:20 pm Zumba - Liu *6:30 pm - 7:20 pm Pilates with Reformer – Cou – Game Room	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 7:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch - Heather	8:30 am – 9:20 am Water Aerobics - Heather 8:30 am – 9:20 am *Cycle – Studio iii Dina 9:30 am – 10:20 am Muscle Sculpt – Heather

*Member Only Class



22	23	24	25	26	27	28
	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga - Sharo 8:30 am – 9:20 am Water Walking 8:30 am – 9:20 am Spin & Strength – Dina - studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather 12:00-12:45- Yoga with Weights -Meghan 6:30 pm - 7:20 pm Bollywood Dance - cancelled	Christmas Eve 6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga - cancelled 8:30 am – 9:20 am *HIIT – Heather 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm - 6:20 pm Zumba – cancelled Christmas Eve 6:30 pm – 7:20 pm Cancelled for Christmas Eve	Merry Christmas - Gym is closed	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 8:30 am – 9:20 am *Pilates with Reformer – Cou - GameRoom 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Water Walking 8:30 am – 9:20 am *Tabata - Heather 9:30 am – 10:20 am Water Aerobics – Heather 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Theresia 4:30 pm - 5:20 pm Barre - Jill 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio 3 5:30 pm - 6:20 pm Zumba - Liu *6:30 pm - 7:20 pm Pilates with Reformer – Cou - GameRoom	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 7:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning – Lana 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am Muscle Sculpt - Heather 10:30 am - 11:20 am Gentle Stretch - Christine	8:30 am – 9:20 am Water Aerobics – Christine 8:30 am – 9:20 am *Cycle – Heather Studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather
29	30	31	1	2	3	4
	6 am – 6:50 am	NEW YEAR'S EVE				

*Member Only Class



	<p>*Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am Water Aerobics – Heather 8:30 am – 9:20 am Spin & Strength – Dina - Studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather 12:00-12:45-Yoga with Weights Meghan 6:30 pm - 7:20 pm Bollywood Dance – Minoos</p>	<p>6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga – cancelled 8:30 am – 9:20 am *HIIT - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am Water Walking 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm - 6:20 pm Zumba – Liu cancelled New Year's Eve 6:30 pm – 7:20 pm *Pilates with Reformer – Cou - Studio iii- cancelled New Year's Eve</p>				
--	--	---	--	--	--	--

*Member Only Class