GROUP EXERCISE SCHEDULE

DECEMBER 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:15 am - Studio A Lauren	**YOGA** 6:00 am - Studio B Jen	**FIT RIDE** 7:00 am - Cycle Studio Bridgette	**YOGA** 6:00 am - Studio B Jen	**SUNRISE CYCLE** 6:00 am - Cycle Studio Susan	**FLOW YOGA** 8:00 am - Studio B Jen	**YOGA** 8:00 am - Studio A Sarah
SCULPT 8:15 am - Studio A Allison	**SUNRISE CYCLE** 6:00 am- Cycle Studio Bridgette	**BOOTCAMP** 8:00 am - Studio A Bridgette	**BOOTCAMP** 6:00 am - Studio A Sarah	**BOOTCAMP** 8:00 am - Studio A Ande	**BOOTCAMP** 8:00 am - Studio A Sarah	**MAT PILATES** 9:00 am - Studio A Maria
VIVE CYCLE 8:15 am - Cycle Studio Amy	**CARDIO & CORE** 8:00 am - Studio A Amy	**SCULPT** 9:00 am Studio A Kitty	**MAT PILATES** 8:00 am - Studio A Maria	**SCULPT** 9:00 am Studio A Kitty	**SPOTLIGHT RIDE** 8:30 am - Cycle Studio Liz, Amy, Paul, Nicolette	**RHYTHM RIDE** 9:30 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	**FIT BARRE** 8:15 am - Studio B Lori	**SCULPT** 10:00 am Studio A Kitty	**VIVE CYCLE** 8:15 am - Cycle Studio Amy	**SCULPT** 10:00 am Studio A Kitty	**DANCE FITNESS** 9:00 am - Studio A Vanessa	
SLOW VIBES YOGA 9:30 am - Studio B Elyse	**SWEAT & SCULPT** 9:00 am - Studio A Bridgette		**TABATA** 9:15 am - Studio A Amy			
	VINYASA YOGA 9:30 am - Studio B Elyse		**No 6AM classes on 12/26/2024**			
BOOTCAMP 4:00 pm - Studio A Kitty	**KB SWING & SCULPT** 5:15 pm - PT Studio Kitty	**POWER FLOW** 5:00 pm - Studio B Alison	**MAT PILATES** 5:30 pm - Studio A Lauren			
ZUMBA 6:00 pm - Studio A Vanessa	**ARMS + ABS** 6:00 pm - Studio A Brier	**BUNS & GUNS** 6:00 pm - Studio A Brier				
	No night classes on Christmas Eve					

HOLIDAY HOURS:

Modified class schedules. No childcare.

Christmas Eve
GYM HOURS 6AM -12PM
Modified Class Schedule
-8AM Step & Sculpt w Sarah
-9AM Reindeer Games w Amy

Christmas Day - Closed

New Years' Eve
GYM HOURS 6AM-2PM
Modified Class Schedule
-8AM Pilates w Lauren
-9AM Cardio & Core w Amy
-10AM Dance w Vanessa

New Year' Day
GYM HOURS 8AM-2PM
No classes. No childcare.

CHILD CARE HOURS

Daytime
Monday- Sunday
8am to 11am

Nighttime
Monday- Wednesday
4:00pm to 7:00pm

Shake of the Month

Peppermint Patty