

COPPLE FAMILY

Group Fitness Schedule
December 2023

..
(p)

Director I

3 SUN	4 MON	5 TUE	6 WED	7 THU	8 FRI	9 SAT
Boot Camp 2:00 PM Michael H. Refit® 4:00 PM Lora S.	Power C.S.I. 5:15 AM Jen S. Tabata 9:15 AM Lindsey S. Yoga 9:30 AM Jessie K. Core & More 10:10 AM Nancy P. Fit for Life- Cardio/Strength 11:00 AM Nancy P. Pilates 11:00 AM Jessie K. Yoga 12:00 PM Jessie K. Water Fit Combo 4:30 PM Lyn S. Water Fit Combo 5:30 PM Lyn S. Zumba/MixedFit 5:30 PM Rotation I. Group Cycling 5:30 PM Kim F.	Cycling Fusion® 5:15 AM Betsy A. Treadmill 5:15 AM Jen S. Cycling Fusion® 9:15 AM Tallie G. Zumba® Gold 10:00 AM Rachel J. Water Fit Combo 11:00 AM Mary C. Fit For Life Strength 12:00 PM Vanessa R. Kickboxing 12:00 PM Raquel F. Family Yoga 4:30 PM Lauren H. Boot Camp 5:30 PM Kendra M. Group Cycling 5:30 PM Gayle R. Yoga 5:30 PM Lauren H. Refit® 6:30 PM Lora S.	Strength Training 5:15 AM Johnathon H. Power C.S.I. 9:15 AM Mitch T. Yoga 9:30 AM Miwa S. Enhance Fitness 11:00 AM Lyndsay F. Strength Training 12:00 PM Mitch T. Group Cycling 12:00 PM Tallie G. MixedFit® 5:30 PM Becca O. Yoga 5:30 PM Andi C.	Boot Camp 5:15 AM Sarah K. Water Fit Combo 5:30 AM Jennifer O. Tabata 9:15 AM Tallie G. Zumba® 10:10 AM Thireena Y. Water Fit Combo 11:00 AM Trish H. Fit For Life Chair Stretch/Yoga 12:00 PM Jessie K. Water Fit Combo 4:30 PM Lyn S. Tabata 4:30 PM Nancy P. Zumba® 5:30 PM Aimee G. Water Fit Combo 5:30 PM Lyn S. Yoga 5:30 PM Heather N. Instructor's Choice 6:30 PM Tallie G.	Boot Camp 5:15 AM Dezi M. Yoga 5:15 AM Lauren H. Instructor's Choice 9:15 AM Mitch T. Water Fit Combo 11:00 AM Mary C. Enhance Fitness 11:00 AM Trish H. Strength Training 12:00 PM Trish H. Group Cycling 12:00 PM Tallie G. Yoga 12:00 PM Miwa S. Kickboxing 4:45 PM Patrick M. Aqua Zumba® 5:30 PM Rachel J.	Group Cycling 7:30 AM Rotation I. Boot Camp 9:05 AM Rotation I. Yoga 9:15 AM Andi C. Zumba® 10:00 AM Greta G.