

Group Fitness Schedule
December 2023

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Director I

| 3 SUN | 4 MON | 5 TUE | 6 WED | 7 THU | 8 FRI | 9 SAT |
|---|--|--|---|--|--|--|
| <p>Group Cycling 11:30 AM Megan N.</p> <p>Power Pump 12:30 PM Mary W.</p> <p>Yoga 1:30 PM Manjit K.</p> <p>Zumba® 2:30 PM Rotation 1.</p> | <p>Yoga 5:30 AM Andi C.</p> <p>Water Fit Combo 8:00 AM Marcia R.</p> <p>Tabata 9:15 AM Mary R.</p> <p>Multiple Sclerosis Class 10:30 AM Rotation 1.</p> <p>Core & More 10:30 AM Noelle B.</p> <p>Delay The Disease 10:30 AM Noelle B.</p> <p>Fit For Life H2O 12:00 PM Mary C.</p> <p>Boot Camp 12:00 PM Thena K.</p> <p>Group Cycling 5:30 PM Mary R.</p> <p>Water Fit Combo 5:30 PM Lacey S.</p> <p>MixedFit® 5:30 PM Sydney H.</p> <p>Yoga 6:30 PM Amy S.</p> | <p>Group Cycling 5:30 AM Shari R.</p> <p>Water Fit Combo 5:30 AM Holly D.</p> <p>Water Fit Combo 8:00 AM Marcia R.</p> <p>Zumba® 9:00 AM Sydney H.</p> <p>Group Cycling 9:15 AM Noelle B.</p> <p>Yoga 9:15 AM Maggie A.</p> <p>Core & More 10:15 AM Noelle B.</p> <p>Tabata 12:00 PM Lyndsy S.</p> <p>Pound® 5:30 PM Katie M.</p> <p>Grovey Effect 6:20 PM Danielle G.</p> <p>Yoga 6:30 PM Emily S.</p> | <p>Group Cycling 5:30 AM Rotation 1.</p> <p>Power C.S.I. 5:45 AM Stephanie M.</p> <p>Power C.S.I. 9:15 AM Tiffany K.</p> <p>Yoga 9:15 AM Maggie A.</p> <p>Multiple Sclerosis Class 10:30 AM Rotation 1.</p> <p>Core & More 10:30 AM Noelle B.</p> <p>Fit For Life Strength 11:10 AM Maggie A.</p> <p>Fit For Life H2O 12:00 PM Rose T.</p> <p>Power C.S.I. 12:00 PM Karla H.</p> <p>Group Cycling 5:30 PM Kim F.</p> <p>Water Fit Combo 5:30 PM Shelby B.</p> <p>Zumba® 5:30 PM Sydney H.</p> | <p>Group Cycling 5:30 AM Tammy W.</p> <p>Water Fit Combo 5:30 AM Melissa M.</p> <p>Yoga 5:30 AM Maryana G.</p> <p>Water Fit Combo 8:00 AM Marcia R.</p> <p>Group Cycling 9:15 AM Betsy A.</p> <p>Zumba® 9:15 AM Greta G.</p> <p>Core & More 10:15 AM Noelle B.</p> <p>Delay The Disease 10:30 AM Mary R.</p> <p>Tabata 12:00 PM Mary R.</p> <p>Group Cycling 5:30 PM Roger M.</p> <p>Boot Camp 5:30 PM Robert E.</p> <p>Yoga 6:00 PM Casey B.</p> <p>Zumba® 6:30 PM</p> | <p>Boot Camp 5:30 AM Tiffany K.</p> <p>Water Fit Combo 8:00 AM Patricia S.</p> <p>Power Pump 8:15 AM Mary W.</p> <p>Yoga 9:30 AM Susy M.</p> <p>Power C.S.I. 11:00 AM Judy F.</p> <p>Fit For Life Chair Stretch/Yoga 11:10 AM Maggie A.</p> <p>Fit For Life H2O 12:00 PM Rose T.</p> <p>Boot Camp 12:00 PM Mary W.</p> <p>Water Fit Combo 5:30 PM Lacey S.</p> <p>Zumba® 5:45 PM Aimee G.</p> <p>Turn Up Dance Fitness 5:45 PM Aimee G.</p> | <p>Group Cycling 7:30 AM Shari R.</p> <p>Step 8:15 AM Renee E.</p> <p>Yoga 8:45 AM Maryana G.</p> <p>Group Cycling 9:00 AM Mary W. Noelle .</p> <p>Core & More 10:15 AM Noelle B.</p> |

