



## 2018 DECEMBER COMPLEX FITNESS

Day	Class	Time	Instructor	Room
<b>Monday</b>	Adrenaline	8:00 - 9:00 am	Penny	Aerobics Studio
	Deep Water Class	8:15 - 9:00 am	Julie	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Yoga	9:00 - 10:00 am	Suzanne	Springs Room
	ZUMBA	10:30 - 11:30am	Jennie	Springs Room
	Barre Mix	10:00 - 11:00 am	Ronnee	Aerobics Studio
	Lift and Lose	11:30 am -12:30 pm	Ronnee	Weight Room
	Yoga	4:05 - 5:00 pm	Kristy	Aerobics Studio
	ZUMBA	6:00 - 7:00 pm	Sam	Aerobics Studio
	Yoga	7:00 - 8:15 pm	Suzanne	Aerobics Studio
<b>Tuesday</b>	Water Aerobics	9:00 - 10:00 am	Kristy	Pool
	Muscle Fatigue	9:00 - 10:00 am	Penny	Aerobics Studio
	Bare Your Sole	10:00 - 10:30 am	Tammy	Training Room
	Stretch & Strength	10:35 - 11:05 am	Tammy	Aerobics Studio
	Muscle Fatigue	4:05 - 5:05 pm	Ronnee	Aerobics Studio
	Cycle & Pump	6:00 - 6:45 pm	Kelly	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Deep Water Class	7:00 - 7:30 pm	Dana	Pool
	ZUMBA	7:00 - 8:00 pm	Sam	Aerobics Studio
<b>Wednesday</b>	Deep Water Class	8:15 - 9:00 am	Deb	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Pilates	9:00 - 10:00 am	Ronda	Aerobics Studio
	Flexible Stretch	10:00 - 11:00 am	Arlene	Aerobics Studio
	Tai Chi	11:00 am - 12:00 pm	Lisa	Aerobics Studio
	Interval Circuit	4:05 -5:00 pm	Kristy	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Yoga	7:00 - 8:15 pm	Lidia	Aerobics Studio
<b>Thursday</b>	Upper Body Mix	8:00 - 8:30 am	Penny	Aerobics Studio
	Cardio Pilates Fusion	8:30 - 9:00 am	Penny	Aerobics Studio
	Water Aerobics	9:00 - 10:00 am	Kristy	Pool
	Basic Barre	9:30 - 10:20 am	Shannon	Aerobics Studio
	Line Dancing	9:30 - 11:00 am	Ozzi	Ceramic Room
	Stretch & Strength	10:30 - 11:00 am	Shannon	Aerobics Studio
	Ready, Cycle, Go!	11:05 - 11:50 am	Kelly	Aerobics Studio
	Bare Your Sole	4:00 - 4:30 pm	Tammy	Aerobics Studio
	Stretch & Strength	4:30 - 5:00 pm	Tammy	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Deep Water Class	7:00 - 7:30 pm	Dana	Pool
<b>Friday</b>	Cardio Circuit	8:00 - 9:00 am	Penny	Aerobics Studio

	YoPi	9:00 - 10:00 am	Ronda	Springs Room
	Deep Water Class	8:15 - 9:00 am	Julie	Pool
	Yoga	9:00 - 10:00 am	Lidia	Aerobics Studio
	Water Aerobics	9:00 - 10:00 am	Shannon	Pool
	ZUMBA	10:00 - 11:00 am	Sam	Aerobics Studio
<b>Saturday</b>	Yoga	8:30 - 9:30 am	Lidia	Aerobics Studio

**NO FITNESS CLASSES DECEMBER 24, 25, 31, OR JANUARY 1**

**LIMITED CLASSES OFFERED DURING WEEK OF CHRISTMAS-SEE POSTED SIGNAGE ON STUDIOS**