



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WELLNESS CENTER      GROUP EXERCISE SCHEDULE      DECEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Step/Sculpt</b> w/Trish L1-3 6-6:45am	<b>SPIN</b> w/Trish 5:45-6:30am	<b>Step/Sculpt</b> w/Trish L1-3 6:00-6:45am	<b>SPIN</b> w/Trish 5:45-6:30am	<b>SPIN</b> w/Trish 5:00-6:00am		<b>Sculpt &amp; Sweat</b> w/ Elaine L 2-3 CO 2:00-3:00pm
<b>Spin Combo</b> w/Trish L 2-3 C1-2 8:15-9:15am	Cardio Strength/ Core Mix W/Halie L 2-3 8:30-9:15	<b>Spin Combo</b> w/Trish L 2-3 C1-2 8:15-9:15am	Sculpt & Sweat Express W/ Jo D 8:30am-9:15am	<b>Step/Sculpt</b> W/Crystie L1-3 6-6:45am	<b>Step</b> 9:30-10:30 W/Crystie	
<b>Fit over 50!</b> W/ Sylvia L1-2 CO 9:20-10:20am	<b>YO – CHI</b> W/ Colleen 10:30-11:30am L2-3	<b>Fit over 50!</b> W/ Sylvia L1-2 C-O 9:20-10:20am	<b>Beginner/Gentle Yoga</b> W/Sheila 10:15-11:15am	Sculpt/Core w/Mickey L1-3 8:15-9:15am		
<b>Step/Sculpt</b> W/Colleen 10:30-11:35am L2-3-C1	<b>Beginner/Gentle Yoga</b> W/Barbara 11:45-12:45pm	<b>Sculpt &amp; Sweat</b> Interval w/Colleen L2-3 C1 10:30-11:30am	<b>YO – CHI</b> W/ Colleen 12:00 pm - 1:00 pm L 2-3	<b>Pilates</b> w/ Colleen 11:00-12:00PM L1-3 CO		
<b>Pilates</b> W/Colleen L1-3 CO 12:00-1:00pm	<b>Step</b> W/Crystie L1-3 C-2 5:15-6:15pm	<b>Pilates</b> W/Colleen L1-3 CO 12:00-1:00pm	<b>Sculpt &amp; Spin</b> W/Melissa L2-3 C2 4:30-5:30pm	<b>Sit to be Fit</b> w/ Sylvia L1 CO 2-3:00pm	<b>SPIN SCHEDULE</b>	
<b>Sit to be Fit</b> w/ Sylvia L1 CO 2:00-3:00pm	<b>Zumba Express</b> w/Alicia 6:30-7:25pm	<b>Sit to be Fit</b> w/ Sylvia L1- CO 2:00-3:00pm	<b>Zumba</b> W/ Sandra 6:00 – 7:00pm	<b>Sculpt/ Sweat</b> w/ Crystie L2-3 CO 4:10-5:00pm	Tues – 5:45am – 6:30am W/ Trish Thurs- 5:45am – 6:30am W/ Trish Fri- 5:00am – 6:00am W/Trish	
<b>Cardio/Strength</b> w/ Mickey L1-3 C1-2 5:30-6:20pm	<b>Sculpt &amp; Sweat</b> W/Elaine L2-3 CO 7:30-8:30pm	<b>Sculpt &amp; Sweat</b> w/Melissa L2-3 CO 4:30-5:25pm	<b>Sculpt &amp; Sweat</b> w/ Elaine L2-3 CO 7:30-8:30pm			
		<b>***HIRT***</b> High Intensity Resistance Training w/ Jordan 5:30 – 6:15 pm			<b>*****NEWS*****</b>	
		Zumba W/Katie 6:15 – 7:15pm			<b>New Class!!! Beginner/Gentle Yoga w/Sheila on Thursdays @ 10:15am.</b>	
					<b>We will be closed 12/24, 12/25, 01/01/19.</b>	
					<b>L – Level</b> <b>C- Choreography</b> L1 – Beginner              CO – Little/No L2 – Intermediate        C1 – Low Level L3 – Advanced              C2 – Intermediate C3 – High Level	

**Hours of Operation:**  
Mon – Fri – 5:00am - 9:30pm  
Saturday – 7:30am – 6:00pm  
Sunday – 1:00 pm – 6:00pm

**Child Watch Hours:**  
Mon - Fri – 8:00am – 12:00pm  
Saturday – 8:30am – 12:00pm  
Mon-Thu - 3:30pm – 7:30pm  
Friday – 3:30pm – 6:00pm