



Holiday Break Group Fitness Schedule

12/19-12/23

Monday -

Water Aerobics 9am

Zumba 5:15pm

Wednesday-

Water Aerobics 9am

Spin 5:15pm

1/2-1/13

Monday-

Water Aerobics 9am

Zumba 5:15pm

Tuesday-

Pilates 12:30pm

Step 5:15pm

Wednesday-

Water Aerobics 9am

Spin 5:15pm

Thursday-

Yoga 12:30pm

Step 5:15pm