

DECEMBER 15TH - 20TH

FITNESS SCHEDULE

KETTLEBELLS - Kettlebells are used in a variety of repeated movements to build lean muscle, strength, endurance, balance and flexibility. Target areas include the core, legs & glutes. **INSTRUCTOR: SUE & STAFF**

PILATES - A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance & mobility. **INSTRUCTOR: LAUREN**

SWEAT & SCULPT - Circuit style format with focus on strength, cardio and core. This class offers full body exercises with options to modify. This class is appropriate for all skill levels. **INSTRUCTOR: JULIE**

HIIT - This class blends the intensity of HIIT (High-Intensity Interval Training) with joint-friendly, low-impact movements. It is designed for all fitness levels. **INSTRUCTOR: MARANDA**

YOGA - Practicing Yoga can lead to improved balance, flexibility range of motion and strength. Relaxes and reduces stress. **INSTRUCTOR: LAUREN**

CARDIO PILATES/BARRE - Fuses the grace of Pilates and barre with gentle cardio to create a flowing, low-impact workout that builds strength, endurance and mobility without stressing the joints. **INSTRUCTOR: MARANDA**

TAI CHI - Tai Chi has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health & lower blood pressure. **INSTRUCTOR: MITCH**

	Monday, December 15 th	Tuesday, December 16 th	Wednesday, December 17 th	Thursday, December 18 th	Friday, December 19 th	Saturday, December 20 th
5:15-6:00am		HIIT MARANDA		HIIT MARANDA		
5:30-6:00am	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
8:00-9:00am	SILVERSNEAKERS CIRCUIT		SILVERSNEAKERS CIRCUIT			
8:30-9:15am		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:30-9:15am		YOGA LAUREN		YOGA LAUREN		
9:00-10:00am						TAI CHI MITCH
9:15-9:45am	PILATES LAUREN		PILATES LAUREN			
10:15-11:00am	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS CLASSIC	SILVERSNEAKERS YOGA	
5:00-5:45pm			CARDIO PILATES MARANDA	CARDIO PILATES MARANDA		
6:00-6:45pm			SWEAT & SCULPT JULIE	HIIT MARANDA		

DECEMBER 22ND - 27TH FITNESS SCHEDULE

KETTLEBELLS - Kettlebells are used in a variety of repeated movements to build lean muscle, strength, endurance, balance and flexibility. Target areas include the core, legs & glutes. **INSTRUCTOR: SUE & STAFF**

PILATES - A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance & mobility. **INSTRUCTOR: LAUREN**

SWEAT & SCULPT - Circuit style format with focus on strength, cardio and core. This class offers full body exercises with options to modify. This class is appropriate for all skill levels. **INSTRUCTOR: JULIE**

HIIT - This class blends the intensity of HIIT (High-Intensity Interval Training) with joint-friendly, low-impact movements. It is designed for all fitness levels. **INSTRUCTOR: MARANDA**

YOGA - Practicing Yoga can lead to improved balance, flexibility range of motion and strength. Relaxes and reduces stress. **INSTRUCTOR: LAUREN**

CARDIO PILATES/BARRE - Fuses the grace of Pilates and barre with gentle cardio to create a flowing, low-impact workout that builds strength, endurance and mobility without stressing the joints. **INSTRUCTOR: MARANDA**

TAI CHI - Tai Chi has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health & lower blood pressure. **INSTRUCTOR: MITCH**

	Monday, December 22 nd	Tuesday, December 23 rd	Wednesday, December 24 th	Thursday, December 25 th	Friday, December 26 th	Saturday, December 27 th
5:15-6:00am		HIIT MARANDA				
5:30-6:00am	KETTLEBELLS STAFF				KETTLEBELLS STAFF	
8:00-9:00am	SILVERSNEAKERS CIRCUIT					
8:30-9:15am		KETTLEBELLS SUE				
8:30-9:15am		YOGA LAUREN				
9:00-10:00am						TAI CHI MITCH
9:15-9:45am	PILATES LAUREN					
10:15-11:00am	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA			SILVERSNEAKERS YOGA	
5:00-5:45pm	CARDIO PILATES MARANDA					
6:00-6:45pm	HIIT MARANDA					

DECEMBER 29TH - JANUARY 3RD

FITNESS SCHEDULE

KETTLEBELLS - Kettlebells are used in a variety of repeated movements to build lean muscle, strength, endurance, balance and flexibility. Target areas include the core, legs & glutes. **INSTRUCTOR: SUE & STAFF**

PILATES - A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance & mobility. **INSTRUCTOR: LAUREN**

SWEAT & SCULPT - Circuit style format with focus on strength, cardio and core. This class offers full body exercises with options to modify. This class is appropriate for all skill levels. **INSTRUCTOR: JULIE**

HIIT - This class blends the intensity of HIIT (High-Intensity Interval Training) with joint-friendly, low-impact movements. It is designed for all fitness levels. **INSTRUCTOR: MARANDA**

YOGA - Practicing Yoga can lead to improved balance, flexibility range of motion and strength. Relaxes and reduces stress. **INSTRUCTOR: LAUREN**

CARDIO PILATES/BARRE - Fuses the grace of Pilates and barre with gentle cardio to create a flowing, low-impact workout that builds strength, endurance and mobility without stressing the joints. **INSTRUCTOR: MARANDA**

TAI CHI - Tai Chi has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health & lower blood pressure. **INSTRUCTOR: MITCH**

	Monday, December 29 th	Tuesday, December 30 th	Wednesday, December 31 st	Thursday, January 1 st	Friday, January 2 nd	Saturday, January 3 rd
5:15-6:00am		HIIT MARANDA				
5:30-6:00am	KETTLEBELLS STAFF				KETTLEBELLS STAFF	
8:00-9:00am	SILVERSNEAKERS CIRCUIT					
8:30-9:15am		KETTLEBELLS SUE				
8:30-9:15am		YOGA LAUREN				
9:00-10:00am						TAI CHI MITCH
9:15-9:45am	PILATES LAUREN					
10:15-11:00am	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA			SILVERSNEAKERS YOGA	
5:00-5:45pm	CARDIO PILATES MARANDA	CARDIO PILATES MARANDA				
6:00-6:45pm	HIIT MARANDA	HIIT MARANDA				

JANUARY 5TH - 10TH

FITNESS SCHEDULE

KETTLEBELLS - Kettlebells are used in a variety of repeated movements to build lean muscle, strength, endurance, balance and flexibility. Target areas include the core, legs & glutes. **INSTRUCTOR: SUE & STAFF**

PILATES - A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance & mobility. **INSTRUCTOR: LAUREN**

SWEAT & SCULPT - Circuit style format with focus on strength, cardio and core. This class offers full body exercises with options to modify. This class is appropriate for all skill levels. **INSTRUCTOR: JULIE**

HIIT - This class blends the intensity of HIIT (High-Intensity Interval Training) with joint-friendly, low-impact movements. It is designed for all fitness levels. **INSTRUCTOR: MARANDA**

YOGA - Practicing Yoga can lead to improved balance, flexibility range of motion and strength. Relaxes and reduces stress. **INSTRUCTOR: LAUREN**

CARDIO PILATES/BARRE - Fuses the grace of Pilates and barre with gentle cardio to create a flowing, low-impact workout that builds strength, endurance and mobility without stressing the joints. **INSTRUCTOR: MARANDA**

TAI CHI - Tai Chi has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health & lower blood pressure. **INSTRUCTOR: MITCH**

	Monday, January 5 th	Tuesday, January 6 th	Wednesday, January 7 th	Thursday, January 8 th	Friday, January 9 th	Saturday, January 10 th
5:15-6:00am		HIIT MARANDA		HIIT MARANDA		
5:30-6:00am	KETTLEBELLS STAFF				KETTLEBELLS STAFF	
8:00-9:00am	SILVERSNEAKERS CIRCUIT					
8:30-9:15am		KETTLEBELLS SUE				
8:30-9:15am		YOGA LAUREN				
9:00-10:00am						TAI CHI MITCH
9:15-9:45am	PILATES LAUREN					
10:15-11:00am	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA			SILVERSNEAKERS YOGA	
5:00-5:45pm		CARDIO PILATES MARANDA	CARDIO PILATES MARANDA			
6:00-6:45pm		HIIT MARANDA	SWEAT & SCULPT JULIE			