



**Exam and Winter Break Group Fitness Schedule: December 10-21, 2018**

**Monday, Dec 10**

Room	Time	Class	Instructor
SD	6:15 – 7:15AM	HIIT	Megan
SB	11:30 – 12:30PM	Cycle/Core*	Gerry
SD	12 – 12:30PM	HIIT	Andrea L.
SC	12:30 – 1:30PM	Gentle Yoga	Ali
FR	12:30 – 1:30PM	TRX**	Kandice
SD	4:15 – 5:05PM	Buti® Hot Core/Sculpt	Michele
SD	5:15 -5:45PM	Meditation	Michele
SB	5:30 – 6:15PM	Basic Strength	Amber
SC	5:30 – 6:30PM	Yoga	Stephen
SB	7:15 – 8:00PM	Indoor Cycling*	Johnny

**Tuesday, Dec 11**

Room	Time	Class	Instructor
SB	6:15 – 7:15AM	Indoor Cycling*	Joan
SD	6:15 – 7:15AM	Body Shaping	Janell
SC	6:15 – 7:15AM	Yoga	Stephen
SC	11:30AM – 12:30PM	Yoga	Hilary
SA	11:30AM – 12:30PM	Zumba	Taneisha
SD	12:00 – 1:00PM	Powerlift	Gerry
TRACK	12:15 – 1:15PM	Organized Track	Johnny
GYM 3	4:00 – 5:00PM	Boot Camp	Johnny
SC	4:15 – 5:10PM	Vinyasa Yoga	Michele
SC	5:15 – 6:15PM	Pilates	Emily
SD	5:30 – 6:15PM	Buti® Sculpt + Bands	Michele
SA	6:15 – 7:15PM	Zumba	Rachel
SC	6:30 – 7:30PM	Gentle Yoga	Ali
SC	7:35 – 8:00PM	Meditation	Ali

**Wednesday, Dec 12**

Room	Time	Class	Instructor
SD	6:15 – 7:15AM	Core Fusion	Kandice
SB	11:30AM – 12:30PM	Ballet Sculpt	Melissa
SD	12:00 – 12:30PM	Tabata	Mariann
SB	5:30 – 6:30PM	Power 60	Alyson
SD	5:30 – 6:30PM	Beginner Strength	Amber
SA	5:30 – 6:30PM	Zumba	Thuy
SC	5:30 – 6:45PM	Hatha Yoga	Nancy
SB	6:30 – 7:00PM	Hardcore	Alyson
SB	7:00 – 8:00PM	Indoor Cycling*	Johnny

**Thursday, Dec 13**

Room	Time	Class	Instructor
SB	6:15 – 7:15AM	Body Shaping	Janell
SC	7:15 – 8:15AM	Yoga	Polly
SB	11:30 AM – 12:00PM	HIIT	Andrea L.
SD	12:00 – 1:00PM	Powerlift	Gerry
SC	12:10 – 1:00PM	Pilates	Andrea L.
TRACK	12:15 – 1:15PM	Organized Track	Johnny
GYM3	4:00 – 5:00PM	Boot Camp	Johnny
SA	5:30 – 6:10PM	Zumba Step	Rachel
GYM3	5:30 – 6:30PM	Boot Camp	Johnny
SC	5:30 – 6:45PM	Iyengar Yoga	Natasha
SD	6:00 – 7:00PM	Pilates	Andrea H.
SA	6:15 -7:15PM	Zumba	Rachel

**Friday, Dec 14 (Rec Closes 8pm)**

Room	Time	Class	Instructor
SB	6:15 – 7:15AM	Circuit Cycle*	Joan
SA	11:30 AM– 12:30PM	Zumba	Taneisha
SC	11:30AM – 12:45PM	Yoga Rolls	Hilary
SB	12:30 – 1:30PM	BodyBlade	Kandice
SB	4:30-5:30PM	Indoor Cycling*	Alyson
SB	5:30 – 6:30PM	Hardbody	Alyson

**Saturday, Dec 15 (Rec Closes 5pm)**

Room	Time	Class	Instructor
SA	8:45 – 9:45AM	Body Shaping	Janell
SB	9:15 – 10:15AM	Indoor Cycling*	Alyson
SC	10 – 11:15AM	Iyengar Yoga	Natasha
SB	10:15 – 10:30AM	Hard Assets	Alyson
SB	10:30 – 11AM	Hardcore	Alyson
SC	11:30AM – 12:30PM	Beginner Yoga	Natasha
SD	11:30AM – 12:30PM	Powerlift	Gerry

**Sunday, Dec 16 (Rec Closes 5pm)**

Room	Time	Class	Instructor
SB	12:30 – 1:30PM	Indoor Cycling*	Johnny
SC	2 – 3:15PM	Hatha Yoga	Hilary

**Monday, Dec 17(Rec Closes 8pm)**

Room	Time	Class	Instructor
SD	6:15 – 7:15AM	HIIT	Megan
SB	11:30 – 12:30PM	Cycle/Core*	Gerry
SD	12 – 12:30PM	HIIT	Andrea L.
SC	12:30 – 1:30PM	Gentle Yoga	Ali
FR	12:30 – 1:30PM	TRX**	Kandice
SD	4:15 – 5:05PM	Buti® HotCore/Sculpt	Michele
SB	5:30 – 6:15PM	Basic Strength	Amber
SC	5:30 – 6:30PM	Yoga	Stephen
SB	7:15 – 8:00PM	Indoor Cycling*	Johnny

**Tuesday, Dec 18 (Rec Closes 8pm)**

Room	Time	Class	Instructor
SB	6:15 – 7:15AM	Indoor Cycling*	Joan
SD	6:15 – 7:15AM	Body Shaping	Janell
SC	6:15 – 7:15AM	Yoga	Stephen
SC	11:30AM – 12:30PM	Yoga	Hilary
SA	11:30AM – 12:30PM	Zumba	Taneisha
SD	12:00 – 1:00PM	Powerlift	Gerry
TRACK	12:15 – 1:15PM	Organized Track	Johnny
GYM 3	4:00 – 5:00PM	Boot Camp	Johnny
SC	4:15 – 5:10PM	Vinyasa Yoga	Michele
SC	5:15 – 6:15PM	Pilates	Emily
SD	5:30 – 6:15PM	Buti Sculpt + Bands	Michele
SA	6:15 – 7:15PM	Zumba	Rachel
SC	6:30 – 7:30PM	Gentle Yoga	Ali
SC	7:35 – 8:00PM	Meditation	Ali

**Wednesday, Dec 19 (Rec Closes 8pm)**

Room	Time	Class	Instructor
SD	6:15 – 7:15AM	Core Fusion	Kandice
SB	11:30AM – 12:30PM	Ballet Sculpt	Melissa
SD	12 – 12:30PM	Tabata	Andrea L.
SB	3:30 – 4:30PM	Barre Begins August 29	Catesby
SB	5:30 – 6:30PM	Power 60	Alyson
SD	5:30 – 6:30PM	Beginner Strength	Sue
SA	5:30 – 6:30PM	Zumba	Thuy
SC	5:30 – 6:45PM	Hatha Yoga	Hilary
SB	6:30 – 7:00PM	Hardcore	Alyson
SB	7:00 – 8:00PM	Indoor Cycling*	Johnny

**Thursday, Dec 20, (Rec Closes 8pm)**

<b>Room</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
SB	6:15 – 7:15AM	Body Shaping	Janell
SC	7:15 – 8:15AM	Yoga	Polly
SB	11:30 AM – 12:00PM	HIIT	Andrea L.
SD	12:00 – 1:00PM	Powerlift	Gerry
SC	12:10 – 1:00PM	Pilates	Andrea L.
TRACK	12:15 – 1:15PM	Organized Track	Johnny
GYM3	4:00 – 5:00PM	Boot Camp	Johnny
SA	5:30 – 6:10PM	Zumba Step	Rachel
GYM3	5:30 – 6:30PM	Boot Camp	Johnny
SC	5:30 – 6:45PM	Iyengar Yoga	Natasha
SD	6:00 – 7:00PM	Pilates	Andrea H.
SA	6:15 -7:15PM	Zumba	Rachel

**Friday, Dec 21 (Rec Closes 8pm)**

<b>Room</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
SB	6:15 – 7:15AM	Circuit Cycle*	Joan
SA	11:30 AM– 12:30PM	Zumba	Taneisha
SC	11:30AM – 12:45PM	Yoga Rolls	Hilary
SB	12:30 – 1:30PM	BodyBlade	Kandice
SB	4:30-5:30PM	Indoor Cycling*	Alyson
SB	5:30 – 6:30PM	Hardbody	Alyson