


Group Fitness Classes

DEC. 15-23, 2014

Mon., Dec. 15	Tues. Dec. 16	Wed. Dec. 17	Thurs. Dec. 18	Fri. Dec. 19
6:30-7:15 AM Cycling Laura 12:15-1 PM Cycling Chris 5:15-6 PM Hydro Jeanne	12:15-1 PM Butts, guts and More Sarah	6:30-7:15 AM Cycling Laura 12:15-1 PM Cycling Sarah 5:15-6 PM Hydro Jeanne	12:15-1 PM Cycling Chris 4:45-5:45 PM Yoga Lindsay	6:30-7:15 AM Cycling Sarah 12:15-1 PM Butts guts and more Chris
Monday, Dec. 22	Tuesday, Dec. 23			Fri. Jan. 2
6:30-7:15 AM Cycling Chris 12:15-1 PM Cycling Sarah 5:30-6PM Hydro Jeanne	12:15-1 PM Butts Guts and More Sarah	Closed Dec. 24- Jan. 1, 2015 Merry Christmas and Happy New Year		6:30-7:15 AM Cycling Laura 12:15-1 PM Butts, guts and more Chris