



Class Schedule



December 2018



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM			Strength! Kris		Cardio! Kris	Barre Kris	
7:30 AM				Pickleball (no instructor)			
8:00 AM		Senior Aqua Fit * Video Class	Senior Aqua Fit * Video Class		Senior Aqua Fit * Video Class	Mind/Body Yoga Denise	Cardio Camp Kris
8:30 AM		Boot Camp Jay		Boot Camp Jay			
9:30 AM			Silver&Fit Excel Denise			Silver&Fit Excel Denise	
10:30 AM			Senior Yoga Denise			Senior Yoga Denise	
11:00 AM	Family Swim 11:00-12:30						Family Swim 11:00-12:30
5:00 PM				Barre Kris		Family Swim 5:00-6:30	
6:00 PM		Mind/ Body Yoga Denise		Mind/ Body Yoga Denise	Water Wave Challenge Kim		
6:30 PM		Water Wave Challenge Kim					
7:15 PM		Belly Dancing Denise					

CHILD CARE HOURS: Monday thru Thursday 4pm-7pm

WE WILL BE CLOSED CHRISTMAS DAY AND NEW YEARS DAY

Closing at 4PM CHRISTMAS EVE and NEW YEARS EVE

Kris is out of town for part of December, so her classes are cancelled Dec 6, 7, 8, 11, and 12

HAPPY HOLIDAYS!!!