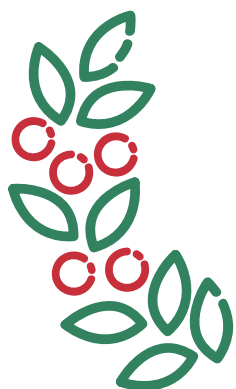


Group Ex Winter Break Schedule

December 23 - 29



December 24th

Facility:
7:00a - 12:00p

Kids Korner:
8:00a - 11:30a

December 25th

Facility:
CLOSED

Dec 23

8:30-9:30a
Tai Chi ▲
Jan

9:30-10:30a
Indoor Cycle*
Ellen

5:40-6:30p
Strength
Fusion●
Kris

6:00-7:00p
Yoga*
Jennifer

6:00-6:50p
Zumba ▲
Lucy

6:40-7:40p
Warrior 450*●
Craig

Dec 24

8:00-9:00a
Gentle Yoga*
Jill

8:15-9:15a
Warrior 450*●
Tim

9:30-10:30a
Zumba●
Lucy

9:30-10:20a
Total Strength
♥
Jodi B.

9:15-10:15a
Cycle/Yoga
Fusion*
Selima

Dec 25

SRC CLOSED

Dec 26

8:00-8:45a
Cycle Express*
Gilda

8:00-8:50a
Intervals ●
Jodi B

8:30-9:25a
Aqua
Yael

9:00-10:15a
Yoga Flow*
Tatiana

10:00-10:50a
Zumba ●
Lucy

10:45-12:00p
Yoga 101*
Lisa Devi

5:30-6:20p
Warrior 450* ●
Craig

Dec 27

9:00-10:00a
QiGong*
Lisa Devi

9:10-10:10a
Intervals ▲
Gilda

9:30-10:30a
Indoor Cycle*
Ellen

9:30-10:20a
Total Strength ●
Jodi B.

10:15-11:15a
Yoga*
Lisa Devi

Dec 28

7:45-8:45a
Indoor Cycle*
Carol

9:00-10:00a
Tabata Fusion♥
Jodi B

9:30-10:30a
Zumba ●
Lucy

10:45-12:00p
QiGong/Yoga Fusion*
Lisa Devi

10:45-11:30a
TBC ▲
Lucy

Dec 29

7:45-8:35a
Warrior 450*●
Gilda

8:45-9:45a
Indoor Cycle*
Kris

8:50-9:45a
Pulse Barre●
Gilda

9:30-10:45a
Yoga*
Tatiana

9:50-10:45
WERQ®/
Zumba ●
Camilla

12:45-2:00p
Yoga*
Jill



Group Ex Winter Break Schedule

December 30 - January 5



December 31st Facility: 7:00a - 12:00p Kids Korner: 8:00a - 11:30a	January 1 Facility: 7:00a - 12:00p Kids Korner: 8:00a - 11:30a
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Dec 30

- 8:30-9:20a
Aqua
Amy
- 8:30-9:30a
Tai Chi ▲
Ken
- 9:00-10:00a
Pilates
Sheri
- 9:30-10:20a
Fit/Bar Fusion
Amy
- 5:40-6:30p
Strength
Fusion ●
Kris
- 6:00-7:00p
Yoga*
Jennifer
- 6:00-6:50p
Zumba ▲
Lucy
- 6:40-7:40p
Warrior 450*●
Craig

Dec 31

- 9:00-9:50a
Zumba ●
Lucy
- 9:30-10:45a
Yoga Tone ▲*
Nicole
- 9:00-10:00a
Indoor Cycle
Kris
- 10:00-11:00a
TBC ●
Lucy

Jan 1

- 9:00-9:50a
Warrior 450●
Amy
- 10:00-11:00a
Indoor Cycle*
Amy
- 10:30-11:30a
Pilates●
Sheri
- 11:30-11:50a
Stretch It Out●
Sheri

Jan 2

- 8:00-8:45a
Cycle Express*
Gilda
- 8:00-8:50a
Intervals ●
Jodi B
- 8:30-9:25a
Aqua
Yael
- 9:00-10:15a
Yoga Flow*
Tatiana
- 9:00-9:50a
Fit/Bar Fusion●
Lisa H
- 9:30-10:45a
Yoga Tone ▲
Nicole W
- 10:00-10:50a
Zumba ●
Lucy
- 10:45-12:00p
Yoga 101*
Lisa Devi
- 5:30-6:20p
Warrior 450* ●
Amy H

Jan 3

- 5:45-6:35a
Warrior 450*●
Tim
- 9:00-10:00a
QiGong*
Lisa Devi
- 9:10-10:10a
Intervals ▲
Gilda
- 10:15-11:15a
Yoga*
Lisa Devi

Jan 4

- 7:45-8:45a
Indoor Cycle*
Carol
- 8:45-9:45a
Pilates ▲
Susan
- 9:00-10:00a
Tabata Fusion♥
Jodi B
- 9:30-10:30a
Zumba ●
Lucy
- 10:45-12:00p
QiGong/Yoga Fusion*
Lisa Devi
- 10:45-11:30
TBC ▲
Lucy

Jan 5

- 7:45-8:35a
Warrior 450*●
Gilda
- 8:45-9:45a
Indoor Cycle*
Kris
- 8:50-9:45a
Pulse Barre●
Gilda
- 9:30-10:45a
Yoga*
Tatiana
- 9:50-10:45
WERQ®/
Zumba ●
Lucy
- 12:45-2:00p
Yoga*
Jill

