

Christmas and New Year Holiday Class Schedule

Attention Members: The following classes **WILL** be offered
during the Thanksgiving Holiday.

All other regularly scheduled classes are cancelled.

Monday 12/24 Christmas Eve ~ Club Closes at 4:00 pm

5:45-6:30	Indoor Cycle	Erin
6:00-7:00	Pilates Mat	Alice
7:00-8:00	Pre Masters Swim	Karen
8:00-9:00	Water Fitness	Judy
8:00-9:00	Gentle Yoga	Kathy
9:00-10:00	Water Fitness	Judy
9:15-10:15	Pilates Mat (Int/Adv)	Whitney
9:15-10:10	Cardio Conditioning	Anne
9:15-10:00	Indoor Cycle	Erin
10:10-10:40	Stretch	Erin
10:45-11:45	Zumba Gold	Teresa
11:00-12:00	Masters Swim	Collin
12:00-12:45	Indoor Cycle	Lori A
12:00-1:00	Hatha Yoga	Venus

Tuesday 12/25 Christmas Day ~ Club Closed

Wednesday 12/26 ~Club opens at 7:00 am

7:30-8:30	Indoor Cycle	Maren
8:00-9:00	Water Fitness	Judy
9:00-10:00	Water Fitness	Judy
9:15-10:00	Indoor Cycle	Carol
9:15-10:15	Pilates Mat	Whitney
9:15-10:15	X-Treme Muscle	Anne
10:30-11:30	Pilates Mat	Gwen
10:45-11:45	Not-So-X-Treme Muscle	Caryl
11:00-12:00	Masters Swim	Karen
12:00-12:45	Indoor Cycle	Sue
12:00-1:00	Hatha Yoga	Vickie
2:00-3:15	Gentle Yoga	Kathy
4:30-5:30	Pilates Mat	Sarah
5:30-6:30	Water Fitness	Miriam
6:00-7:00	Indoor Cycle	Traci