

HOLIDAY CLASSES

Group Exercise Schedule: Dec 18-Jan 1

Instructor-Led Class Offerings



eliminating racism
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Monday, December 18th

5:10am Strength Train Together
6am Cardio Pump Fusion
8am Cardio Mix
8:30am Core
9am RIPPED
10am EnhanceFitness
5pm Core
5:30pm Strength Train Together
6:30pm Rollga

Tuesday, December 19th

6am Yoga Stretch
8:30am Total Body Sculpt
9am Cardio Pump Fusion
9:05am Yoga
10:15am Rollga
5:30pm RIPPED

Wednesday, December 20th

5:10am Strength Train Together
6am Cardio Pump Fusion
8am Cardio Mix
9am RIPPED
10am EnhanceFitness
5pm Core
5:30pm Strength Train Together

Thursday, December 21st

6am Yoga Stretch
9am Cardio Pump Fusion
5:30pm RIPPED
5:30pm Yoga

Friday, December 22nd

5:10am Warrior Workout
6am Cardio Pump Fusion
9am RIPPED
9:15am Mindful Meditation
10am EnhanceFitness

Saturday, December 23rd

8am Warrior Workout

Sunday, December 24th

Building Closes at 1:30pm

Monday, December 25th

Building Closed All Day

Tuesday, December 26th

9am Cardio Pump Fusion
10:15am Rollga

Wednesday, December 27th

8am Cardio Mix
9am RIPPED
10am EnhanceFitness

Thursday, December 28th

9am Cardio Pump Fusion
9:05am Yoga

Friday, December 29th

6am Rollga
9am RIPPED
9:15am Mindful Meditation
10am EnhanceFitness

Saturday, December 30th

No Scheduled Classes

Sunday, December 31st

Building Closes at 1:30pm

Monday, January 1st

Building Closed All Day



HOLIDAY CLASSES

Group Exercise Schedule: Dec 18-Jan 1

Fitness on Demand Virtual Class Offerings



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Monday, December 18th

5:15am Cycle *Down*
8:30am Moderate Intensity *Up*
9am Cycle *Down*
12:15pm Cycle *Down*
5:30pm Cycle *Down*
5:45pm Dance Class *Up*
7:30pm Power Yoga *Down*

Tuesday, December 19th

5:30am Moderate Intensity *Up*
7:45am Power Step *Up*
8:30am Cycle *Down*
12:15pm Yoga *Down*
5:30pm Cycle *Down*
7:30pm High Intensity *Down*

Wednesday, December 20th

5:15am Cycle *Down*
8:30am Moderate Intensity *Up*
9am Cycle *Down*
12:15pm Cycle *Down*
5:30pm Cycle *Down*
7:30pm Power Yoga *Down*

Thursday, December 21st

5:30am Moderate Intensity *Up*
7:45am Power Step *Up*
8:30am Cycle *Down*
12:15pm Yoga *Down*
5:30pm Cycle *Down*
7:30pm High Intensity *Down*

Friday, December 22nd

5:15am Cycle *Down*
8:30am Axis *Up*
9am Cycle *Down*
12:15pm Cycle *Down*

Saturday, December 23rd

9am Yoga *Up*
9am Cycle *Down*
10am Boot *Down*

Sunday, December 24th

Building Closes at 1:30pm

Monday, December 25th

Building Closed All Day

Tuesday, December 26th

5:30am Moderate Intensity *Up*
7:45am Power Step *Up*
8:30am Cycle *Down*
12:15pm Yoga *Down*
5:30pm Cycle *Down*
7:30pm High Intensity *Down*

Wednesday, December 27th

5:15am Cycle *Down*
8:30am Moderate Intensity *Up*
9am Cycle *Down*
12:15pm Cycle *Down*
5:30pm Cycle *Down*

Thursday, December 28th

5:30am Moderate Intensity *Up*
7:45am Power Step *Up*
8:30am Cycle *Down*
12:15pm Yoga *Down*
5:30pm Cycle *Down*
7:30pm High Intensity *Down*

Friday, December 29th

5:15am Cycle *Down*
8:30am Axis *Up*
9am Cycle *Down*
12:15pm Cycle *Down*

Saturday, December 30th

9am Yoga *Up*
9am Cycle *Down*
10am Boot *Down*

Sunday, December 31st

Building Closes at 1:30pm

Monday, January 1st

Building Closed All Day

