

# December 2018 Group Exercise Schedule



## Room "A"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am		FLEX-N-TONE	CIRCUIT STRENGTH	FLEX-N-TONE	
6:30 am					
7:00 am					
8:30 am	INSTRUCTOR'S CHOICE	F.I.T.	CIRCUIT STEP	F.I.T.	ZUMBA
9:30 am	LOW IMPACT	OSTEO-PILATES*	LOW IMPACT	OSTEO-PILATES*	LOW IMPACT
10:30 am	SENIOR FITNESS	PILATES MAT*	THINK FIT	PILATES MAT*	SENIOR FITNESS
11:30 am		BEGINNING LINE DANCING	TAI CHI BASICS	BEGINNING LINE DANCING	
12:00 pm	BEGINNING YOGA*	INT/ADV LINE DANCING	STEADY STEPS	INT/ADV LINE DANCING	YOGA*
2:00 pm	HEALTHY HEART		HEALTHY HEART		HEALTHY HEART
4:30 pm	20/20	TLC KIDZ KLUB	20/20	TLC KIDZ KLUB	
5:30 pm	ZUMBA	PIYO	PLYOJAM	R.I.P.	ZUMBA
6:30 pm	YOGA*	TAI CHI	YOGA*		
7:30 pm		FUNCTIONAL FUSION		FUNCTIONAL FUSION	

## Room "A"

Time	Saturday
7:30 am	FLEX-N-TONE
8:30 am	ZUMBA
9:30 am	PIYO
11:30 am	JUNIOR JIU-JITSU
12:30 pm	ADULT JIU-JITSU

## New Group X Format Coming in 2019:



Fusing the best of pilates, yoga, aerobics, and elements of strengthening exercises dancers do. Barre Above delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape!

## Room "B"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	SPINNING	H.I.I.T. Box - \$\$	SPINNING	H.I.I.T. Box - \$\$	SPIN CIRCUIT
6:30 am	LEAN Rx - \$\$	LEAN Rx - \$\$	LEAN Rx - \$\$	LEAN Rx - \$\$	
7:30 am					
9:30 am					SPIN CIRCUIT
10:30 am	BREATHING EASY		BREATHING EASY		BREATHING EASY
11:00 am		SIT-N-BE FIT		SIT-N-BE FIT	
12:00 pm		12:15 SPINNING		12:15 SPIN CIRCUIT	
4:30 pm	SPIN CIRCUIT	SPINNING	SPIN CIRCUIT	SPINNING	
5:30 pm	FLEX-N-TONE	FLEX-N-TONE	F.I.T.	KIDS KARATE / JIU-JITSU	
6:30 pm	SPINNING	BEGINNING KARATE	SPINNING	BEGINNING KARATE	
7:30 pm		ADVANCED KARATE		ADVANCED KARATE	

## Room "B"

Time	Saturday
8:30 am	SPINNING

Time	Sunday
2:00 pm	SPINNING

\* FOR YOUR SAFETY, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN YOGA OR PILATES IF YOU ARE MORE THAN 5 MINUTES LATE TO CLASS.