

# DECEMBER 2025



## Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Closed December 24 One Class on 12/31	Closed December 25 and January 1	Closed December 26	No Classes on Saturdays in December
<b>Cardio Mix</b> 9:15 - 10:00 am	<b>Strength Training</b> 9:15 - 10:00 am	<b>Yoga</b> 9:15 - 10:15 am	<b>Low Impact Interval</b> 9:15 - 10:00 am	<b>Strength Training</b> 9:15 - 10:00 am	
<b>Pilates</b> 10:00 - 11:00 am	<b>Cardio Mix</b> 10:00 - 10:45 am	<b>Beginner Line Dance</b> 10:30 - 11:00 am No Class 12/31	<b>Pilates</b> 10:00 - 11:00 am	<b>Pilates</b> 10:00 - 11:00 am	
<b>Sculpt and Stretch</b> 11:15 - 11:55 am	<b>Stretch and Balance</b> 11:15 - 11:55 am	<b>Advanced Line Dance</b> 11:00 - 11:30 am No Class 12/31	<b>Stretch and Balance</b> 11:15 - 11:55 am	<b>Sculpt and Stretch</b> 11:15 - 11:55 am	
		<b>Sculpt and Stretch</b> 11:30 am - 12:00 pm No Class 12/31			
<b>Beginner Line Dance</b> 5:30 - 6:00 pm No Class 12/22	<b>Boot Camp</b> 5:30 - 6:30 pm		<b>Boot Camp</b> 5:30 - 6:30 pm		
<b>Advanced Line Dance</b> 6:00 - 6:30 pm No Class 12/22			<b>Zumba</b> 6:30 - 7:20 pm		