

December — 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO ONE					
BODYPUMP Karen 8:30-9:30am	Straight Up Strength Brenda 8:30-9:15am	BODYPUMP Kristen 8:30-9:30am	Straight Up Strength Kim H. 8:30-9:15am	Straight Up Strength Peggy 8:30-9:15am	BODYPUMP or Strength (Rotating weeks) 8:30-9:30am
Cardio Fit Kim H. 9:45-10:15am	Total Core Lynna 9:30-10:00am			Cardio Fit Kim H. 9:45-10:15am	
Strength Express Kim H. 10:15-10:45am	Straight Up Strength Lynna 10:15-11:00am		Intro to Modern Line Dancing Kim 10:00-10:45am		
C.A.R.E. Michael 11:00-11:45am		C.A.R.E. Brenda 11:00-11:45am		C.A.R.E. Michael 11:00-11:45am	
	BODYPUMP Kristen 5:30-6:15pm	HIIT Brenda 5:30-6:30pm	BODYPUMP Kristen 5:30-6:15pm		
STUDIO TWO					
		Yoga Michael 6:00-6:30am			
Stretch Tricia 9:00-9:45 am	Modern Line Dancing Kim 8:45-9:45am	Stretch Tricia 9:00-9:45 am	Modern Line Dancing Kim 8:45-9:45am	Stretch Tricia 9:00-9:45 am	
BODYBALANCE Lauralee 10:00-10:45am	BODYBALANCE Jo-Ann 10:15-11:00am	BODYBALANCE Lauralee 10:00-10:45am	BODYBALANCE Lauralee 10:00-10:45am	Yoga Marina 10:00-10:45am	
Yoga Marina 11:00-11:45am					
		Yoga Marina 4:30-5:15pm			
Yoga Michael 5:30-6:15pm	Yoga/Pilates Fusion Kelly 5:30-6:30pm	Yoga Marina 5:30-6:15pm	Yoga Michael 5:30-6:15pm		
SPINNING STUDIO					
		Spinning Michael 5:30-6:00am		Spinning Shane 5:30-6:15am	
Spinning Lito 7:30-8:15am				Spinning Lito 7:30-8:15am	
	Spinning Kim H. 9:30-10:15am	Spinning Kristen 9:30-10:15am		Spinning Karen 9:30-10:00am	Spinning Rotating Instr. 9:30-10:15am
Spinning Michael 4:30-5:15pm	Spinning Kelly 4:30-5:15pm		Spinning Kristen 4:30-5:15pm		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN STUDIO					
Sunrise Stretch Brenda 7:15-7:30 am	Sunrise Stretch Brenda 7:15-7:30 am		Sunrise Stretch Brenda 7:15-7:30 am		
Stability Ball - CORE Brenda 8:30-9:15am		Modern Line Dancing Renata 9:00-9:45am		TONE Jo-Ann 9:00-9:45am	
SAIL Tricia 10:00-10:45am	SAIL Kim K. 10:00-10:45am	SAIL Renata 10:00-10:45am	SAIL Tricia 10:00-10:45am	SAIL Jo-Ann 10:00-10:45am	
	Neuro Strength Kevin 1:00-1:45pm		Neuro Strength Cookie 1:00-1:45pm		
			HOOP Ann 6:00-7:00pm		
GYMNASIUM					
Straight Up Strength Brenda 5:30-6:15am (Fitness Floor)	Triple Threat Damian 5:30-6:15am		Triple Threat Damian 5:30-6:15am		
		TRX/Circuit Damian 8:45-9:30am	Bootcamp Damian 9:15-10:00am	HIIT Brenda 10:15-11:00am	HIIT Peggy 9:00-9:45am
	TRX Seniors Garrett 11:15am - 12:00pm		TRX Seniors Tricia 11:15am - 12:00pm	Modern Line Dancing Willie 11:15am - 12:00pm	
Bootcamp Peggy 5:30-6:15pm	Modern Line Dancing Willie 5:30 - 6:15pm		Bootcamp Willie 5:30-6:15pm		
AQUATIC CENTER					
In Too Deep Jo-Ann 7:00-7:30am		In Too Deep Jo-Ann 7:00-7:30am			
Flex & Tone Jo-Ann 7:30-8:15am	Water Aerobics Renata 7:30-8:15am	Flex & Tone Jo-Ann 7:30-8:15am	Water Aerobics Renata 7:30-8:15am	Flex & Tone Renata 7:30-8:15am	
Flex & Tone Jo-Ann 8:45-9:30am	Water Aerobics Renata 8:45-9:30am	Flex & Tone Jo-Ann 8:45-9:30am	Water Aerobics Renata 8:45-9:30am	Water Aerobics Renata 8:45-9:30am	
Gentle Aqua Therapy Pool Jo-Ann 10:00-10:45am		Gentle Aqua Therapy Pool Jo-Ann 10:00-10:45am		Gentle Aqua Therapy Pool Renata 10:00-10:45am	
	Cardio & Strength Jo-Ann 4:30-5:15pm		Cardio & Strength Jo-Ann 4:30-5:15pm		
	Deeper Core Jo-Ann 5:15-5:45pm		Deeper Core Jo-Ann 5:15-5:45pm		