

# DECEMBER

## GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	STRENGTH + HIIT 1000-1045 (Crystal)
9	10	11	12	13	14
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	ZUMBA TONING 1000-1100 (Crystal)
16	17	18	19	20	21
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	STRENGTH + HIIT 1000-1045 (Crystal)
23	24	25	26	27	28
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1200 (Amy)	WT FLOOR TRAINING 1000-1045 (Amy)	NO CLASS HOLIDAY	NO CLASS FAMILY DAY	ZUMBA 1100-1200 (Amy)	SHOWCASE 1100-1300 (All Instructors)
30	31				
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1200 (Amy)	NO CLASS FAMILY DAY				