



December Group Fitness Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
5:30 AM													
7:00 AM			POWER by Erick (45 min.)										
7:50 AM													
8:00 AM	Advanced BodyWRX Nick B.		Yoga for Wellness George		Cardio Pump Amber		Yoga for Wellness Andrea		Advanced BodyWRX Nick B.		Zumba@ Rebecca		
9:00 AM	Let's Get Fyzical Deb		Spin Amber		Strength & Stretch Deb		Spin Amber		Full Body Stretch Angie		(\$15) PD1 – RSB for Parkinson's Angie	Yoga for Wellness Bob	(\$15) Sweat! Erick
10:00 AM	TRANSITIONS Deb	Zumba@ Rebecca	Strength & Balance Angie		Transitions Deb	Zumba@ Rebecca	Strength & Balance Angie		Transitions Deb	Zumba@ Rebecca	(\$15) PD2 – RSB for Parkinson's Angie	ADVANCED Strength & Balance Deb (10:15 AM)	10:30am. (\$20) Boxing with Erick
11:00 AM	(\$15) PD1- RSB for Parkinson's Angie	HEART HEALTHY Romel	Adaptive Yoga Angie		ADVANCED Strength & Balance Deb	HEART HEALTHY Romel	Adaptive Yoga Angie		11:30am HEART HEALTHY Romel	Line Dancing Ivy	(\$10) - 11:15 AM Belly Dancing Sherry		
12:00 PM	(\$) Classical Ballet Miss Judi		(\$15) PD4 – RSB for Parkinson's Angie	Line Dancing Ivy	(\$15) PD1 – RSB for Parkinson's Angie		(\$15) PD4 – RSB for Parkinson's Angie			Fyz-Flo Yoga 12:15 Bob			RSB BOXING ERICK
1:30 PM	(\$15) RSB Women Fighting Parkinson's Angie		(\$15) PD2 – RSB for Parkinson's Angie		(\$15) RSB Women Fighting Parkinson's Angie		(\$15) PD2 – RSB for Parkinson's Angie						
3:00 PM	(\$) Point Miss Judi		(\$) Children's Dance Miss Judi		(\$) Children's Dance Miss Judi		(\$) Children's Dance Miss Judi						
4:30 PM					(\$) Ballroom Dance Miss Judi								
5:30 PM	Functional Training Michelle	Zumba@ Rebecca	Spin Amber		Zumba@ Rebecca		Athleticize Kevin						
6:30 PM	Yoga for Wellness Joanne				6:20PM Zumba@Toning Rebecca		Yoga for Wellness Joanne						
7:00 PM							(\$) 7:30 PM Ballroom Dance Miss Judi						

BLUE SHADE = MEET AT THE BLUE TURF

ORANGE SHADING = DANCE SPECIALTY CLASS (\$)

NEW CLASSES OR NEW TIMES

RED-HIGH
INTENSITY
ORANGE-MEDIUM
INTENSITY