



# December Small Group



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>5:15-6:15am MX4 Gretchen (Wellness Center)</p> <p>9-10am Butts and Guts Beth (Wellness Center)</p> <p>12:15-12:45pm MX4 Leanne (Multi-Purpose Room)</p> <p>1-2pm Strength and Power Leanne (Multi-Purpose Room)</p> <p>5:30-6:30pm Women's Strength Beth (Wellness Center)</p> <p>5:30-6:30pm Youth Strength Marisa (Wellness Center) Ages 9 and up</p>	<p>5:15-6:15am Butts and Guts Beth (Wellness Center)</p> <p>5:30-6:30pm Youth Tread N Shred Marisa (Indoor Track) Ages 5 and up</p> <p>6:30-7:30pm Tread N Shred Marisa (Wellness Center)</p>	<p>5:15-6:15am Tread N Shred Danielle (Wellness Center)</p> <p>12:15-12:45 pm MX4 Leanne (Multi-Purpose Room)</p> <p>5:30-6:30pm Youth Strength Marisa (Wellness Center) Ages 9 and up</p> <p>6:30-7:30pm MX4 Marisa (Multi-Purpose Room) Ages 5 and up</p>	<p>5:15-6:15am Women's Strength Training Beth (Wellness Center)</p> <p>11:30-12:30pm Strength and Power Leanne (Multi-Purpose Room)</p> <p>6-7pm Butts and Guts Beth (Wellness Center)</p>	<p>5:15-6:15am Pilates/Barre Becky (Aerobic Room)</p> <p>9-10am Butts and Guts Beth (Wellness Center)</p>	<p>8-9am MX4 Marisa (Multi-Purpose Room) Ages 5 and up</p>

**FREE** Small Group Showcase Class  
 December 24th and December 31st  
 9-10am  
 Multi-Purpose Room  
 Space is limited Sign up Today!

