

DECEMBER MED/HIGH AEROBICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P90X LIVE 5:15-6:15 am Danielle Aerobic Room	TURBOKICK LIVE 5:15-6:15am Gretchen Aerobic Room	HOLY Yoga 5:15-6:15 am Kenda Aerobic Room	Circuit PLUS 5:15-6:15am Gretchen Fitness Studio	F.I.T. (Functional Interval Training) 5:15 -6:15am Danielle MP Room	F.I.T. (Functional Interval Training) 7-8 am Danielle MP Room	WAR 5:30-6:30pm Danielle Aerobic Room
RIP 9-9:55am Marian Aerobic Room	P90X LIVE 9-9:55 am Jen P. Aerobic Room	PIYO LIVE 9-9:55am Diane Aerobic Room	TURBOKICK LIVE 9-9:55am Beth Aerobic Room	Zumba® 9-9:55am Julia C. MP Room	RIP 8-8:55am Gretchen Aerobic Room	
Pilates with Props 9-9:55am Diane MP Room		Pilates Barre Plus 10-10:55am Diane Aerobic Room	Cardio Sculpt 10-10:55 am Carol Aerobic Room	RIP 9-9:55am Carol Aerobic Room	TURBOKICK LIVE 9-9:55am Beth MP Room	
PIYO LIVE 10-10:55pm Jen Aerobic Room	Cardio Sculpt 10-10:55 am Marion Aerobic Room		Transform (Yoga) 11-11:40am Carol/Candace Aerobic Room	PowerStep/Transform 10-11:15am Carol Aerobic Room	Strong Moms 9-9:45 Michaela Fitness Studio	
Zumba®/ Zumba® Toning 10-10:55am Julia MP Room	PIYO LIVE 11-11:30 am Aerobic Room			F.I.T. (Functional Interval Training) 10-11 am Jen MP Room	Pilates Barre Plus 9-9:55am Becky Aerobic Room	
PIYO LIVE 5:30-6:25pm Amanda Aerobic Room	Pilates Barre Plus 5:30-6:25pm Stephanie Aerobic Room	Beginner PIYO LIVE 5:15-5:55pm Aerobic Room	RIP 5:30-6:25pm Michaela Aerobic Room		Zumba® 10-10:55am Megan MPR Room	
F.I.T. (Functional Interval Training) 5:30-6:25pm Jen MP Room	Step Up 5:30-6:25pm Rhonda MP Room	Tabata 5:30-6:25pm Stacey MP Room	Step Up 5:30-6:25pm Rhonda MP Room		Yoga 10-10:55 am Aerobic Room	
Circuit PLUS 630-7:30 pm Nancy Fitness Studio	Piloxing 6:30-7:30pm Dana Aerobic Room	WAR 6:30-7:25pm Danielle Aerobic Room	Zumba® 6:30 - 7:25pm Megan Aerobic Room			
TURBOKICK LIVE 6:30-7:25pm Beth MP Room	Mixed Level Flow Yoga 6:30-7:25pm Rita MP Room	Circuit PLUS 6:30-7:30 pm Corey Fitness Studio	PIYO LIVE 6:30p-7:30pm Mallori MP Room			
Zumba® 6:30-7:25pm Margarita Aerobic Room		Mixed Level Yoga 7:30-8:30pm Rita MP Room				
Mixed Level Flow Yoga 7:30-8:30 pm Rotation Aerobic Room						

