



FINALS WEEK/CHRISTMAS BREAK GROUP FITNESS SCHEDULE



Monday 12/12	7:15am	Spinning	Nici	MPR A
	9:00am	Spinning	Jordan	MPR A
	9:00am	Core Conditioning	Madelaine	Court #10
	12:00pm	Iyengar Yoga	Jayne	MPR B/C
	12:00pm	Power Pilates	Logan	Court #10
	1:00pm	Spinning	Brittany	MPR A
	4:00pm	Power Pilates	Kelsey B.	Court #10
	4:30pm	Spinning	Alison	MPR A
	5:00pm	BC-X	Gio	Court #10
	5:30pm	Power Yoga	Katie O.	MPR B/C
	6:00pm	Kickboxing	Courtney	Court #10
	6:30pm	Spinning	Chrissy	MPR A
	7:00pm	Power Pilates	Meredith	Court #10
	7:30pm	Vigorous Vinyasa	Katie O.	MPR B/C
	8:00pm	Zumba	Nicole	Court #10
8:30pm	Spinning	Johnathan	MPR A	

Tuesday 12/13	7:15am	Sunrise Yoga	Emily	MPR B/C
	9:00am	Core Conditioning	Madelaine	Court #10
	12:10pm	Spinning Express	Kristen	MPR A
	1:00pm	Hatha Yoga	Diana	MPR B/C
	4:00pm	Spinoga	Kelsey & Phoebe	MPR A,B/C
	4:00pm	Kickboxing	Madelaine	Court #10
	5:00pm	X-Fit	Justin & Austin	Court #10
	6:00pm	Power Pilates	Meredith	Court #10
	6:30pm	Spinning	Jordan	MPR A
	7:00pm	TBC	Nici	Court #10
	7:30pm	Vinyasa Flow	Emily	MPR B/C
	8:00pm	Zumba	Linda	Court #10
8:30pm	Spinning	Megan H.	MPR A	

Wednesday 12/14	7:15am	Step & Sculpt	Jessica	MPR B/C
	7:15am	Spinning	Gabi	MPR A
	9:00am	Core Conditioning	Madelaine	Court #10
	9:00am	Spinning	Grace	MPR A
	12:00pm	Iyengar Yoga	Lee	MPR B/C
	12:00pm	TBC	Logan	Court #10
	1:00pm	Spinning	Jordan	MPR A
	4:00pm	Core Conditioning	Madelaine	Court #10
	4:30pm	Spinning	Nici	MPR A
	5:00pm	BC-X	Gio	Court #10
	5:30pm	Hatha Yoga	Emily	MPR B/C
	6:00pm	Power Pilates	Meredith	Court #10
	6:30pm	Spinning	Gabi	MPR A
	7:00pm	Kick & Sculpt	Courtney	Court #10
	7:30pm	Vinyasa Flow	Emily	MPR B/C
	8:00pm	Zumba	Nicole	Court #10
	8:30pm	Spinning	Johnathan	MPR A

Thursday 12/15	7:15am	Sunrise Yoga	Phoebe	MPR B/C
	9:00am	Power Pilates	Meredith	Court #10
	12:10pm	Spinning Express	Kristen	MPR A
	1:00pm	Hatha Yoga	Diana	MPR B/C
	4:00pm	Power Pilates	Madelaine	Court #10
	5:00pm	X-Fit	Julie & Justin	Court #10
	5:30pm	Spinning	Gabi	MPR A
	6:00pm	Kick & Sculpt	Courtney	Court #10
	6:30pm	Vinyasa Flow	Emily	MPR B/C
	7:00pm	Zumba	Linda	Court #10
7:30pm	Spinning	Nici	MPR A	

Friday 12/16	7:15am	Step & Sculpt	Jessica	MPR B/C
	7:15am	Spinning	Elizabeth	MPR A
	9:00am	Spinning	Jordan	MPR A
	12:00pm	Iyengar Yoga	Lauren	MPR B/C
	12:00pm	Zumba	Linda	Court #10
	1:00pm	Spinning	Brittany	MPR A
	3:00pm	Spinning	Johnathan	MPR A
	3:30pm	Power Pilates	Meredith	Court #10
	4:30pm	TBC	Nici	Court #10
	5:00pm	Power Yoga	Katie O.	MPR B/C

No classes Saturday 12/17 or Sunday 12/18

Mon 12/19	7:15am	Spinning	Elizabeth	MPR A
	12:00pm	Iyengar Yoga	Diana	MPR B/C

Tues 12/20	7:15am	Sunrise Yoga	Emily	MPR B/C
	12:10pm	Spinning Express	Kristen	MPR A
	1:00pm	Hatha Yoga	Diana	MPR B/C

Weds 12/21	7:15am	Step & Sculpt	Jessica	MPR B/C
	7:15am	Spinning	Kristen	MPR A
	12:00pm	TBC	Courtney	Court #10
12:00pm	Iyengar Yoga	Lauren	MPR B/C	

Thurs 12/22	7:15am	Sunrise Yoga	Emily	MPR B/C
	12:10pm	Spinning Express	Elizabeth	MPR A

Fri 12/23	7:15am	Step & Sculpt	Jessica	MPR B/C
	7:15am	Spinning	Elizabeth	MPR A
	12:00pm	Iyengar Yoga	Emily	MPR B/C

The facility will be closed Saturday, December 24 - Monday, January 2. The interim New Year group fitness schedule will begin January 3, 2012. Happy holidays!