



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cycling (Donna)	Step (Robin) 1st, 3rd and 5th Tuesday And GRIT™ (Kim) 2nd and 4th Tuesday	Cycling (Kim)	BODYCOMBAT™ Express Class (Michele)	Cycling(Donna/Michele)	
	Cardio Sculpt (Gretel)	Cycling (Michele)	Body Pump & Abs (Donna)	GRIT™ (Traci) 30 min HIIT class	BODYPUMP™ (Gretel)	
7:00am						
8:00am	PiYo Live (Jenna)	Pedal & Pump (Erika)	Total Body Conditioning (Jenna)	PiYo Live (Jenna)	BODYCOMBAT™ (Jackie) *KF	Cycling (Variety)
9:00am	Zumba® (Maribel) *KF	BODYPUMP™ (Traci/Jada)	Zumba (Maribel) *KF	BODYPUMP™(Brittany)	Zumba® (Ellen) *KF	*Dealers Choice (Variety)
	Cycling (Kristi) Cardio/Muscle/Mind (Traci) BBall Court	Cycling (Mayra)	Latin Beat Workout (Laura) BBall Court	Cycling (Monica)	Cycling (Chloe') Cardio/Muscle/Mind (Laura) BBall Court	
10:00am	Yoga (Marilyn)	PiYo Live (Allison)	PiYo Live (Jenna) Activities Room	PiYo Live (Allison)	Yoga (Jada/Ali)	Yoga 10:15 (Variety)
			Yoga (Jada)			
11:15am		Strength & Balance (Sally)		Strength & Balance (Sally)		
12:00pm	BODYPUMP™ (Traci)	GRIT™ (Tricia) 30 min HIIT class	BODYPUMP™ (Chloe')	GRIT™ (Chloe') 30 min HIIT class	BODYPUMP™ (Kristi)	
4:30pm	PiYo Live (Allison)	Zumba (Jin/May) *KF	BODYPUMP™(Jen)	Zumba® (Lindsay) *KF		
5:30pm	BODYCOMBAT™ (Jen) *KF	BODYPUMP™ (Donna)	Zumba (Ellen) *KF	BODYPUMP™ (Teresa)	BODYCOMBAT™ (Brittany) *KF	
	Cycling (Jamilia)	Cycling (Chloe')	Cycling (Kristin)	Cycling (Kristin)		
6:30pm	Zumba® (Lindsay) *KF	Cycling (Donna)	BODYCOMBAT™ (Kristi) *KFs	Cycling (Jamilia)		*KF= Kid Friendly (At discretion of instructor- children under 12 must have a parent present)
	Yoga (Marilyn) Activities Room	GRIT™ (Kristi) 30 min HIIT class	Yoga (Tracy) Activities Room	GRIT™ (Teresa) 30 min HIIT class		

RAINED OUT: Text YFITNESS to 84483 to receive alert from Fitness Department