

December Classes

2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|--|---|--|--|--|
| | | | | 1 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 2 9:15 AM MUSCLE PUMP 10:00 AM SILVER SNEAKERS CLASSIC | 3 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick) |
| 5 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC | 6 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 7 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 PM CIRCUITS WITH MOSES | 8 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 9 9:15 AM MUSCLE PUMP 10:00 AM SILVER SNEAKERS CLASSIC | 10 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick) | |
| 12 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC | 13 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 14 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 PM CIRCUITS W/MOSES | 15 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 16 9:15 AM MUSCLE PUMP 10:00 AM SILVER SNEAKERS CLASSIC | 17 9:30 AM ZUMBA (Nick) | |
| 19 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC | 20 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 21 8 AM INDOOR CYCLE 9:00 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 pm CIRCUITS W/MOSES | 22 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 23 9:15 AM MUSCLE PUMP 10:00 AM SILVER SNEAKERS CLASSIC | 24 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick) | |
| 26 8 AM INDOOR CYCLE 9:00 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC | 27 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 28 8 AM INDOOR CYCLE 9:00 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 pm CIRCUITS W/MOSES | 29 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick) | 30 9:15 AM MUSCLE PUMP 10:00 AM SILVER SNEAKERS CLASSIC | 31 9:30 AM ZUMBA (Nick) | |