

DECEMBER 2025 GROUP FITNESS

SUN	MON	TUE	WED	THU	FRI	SAT
NOV 30 3:00 Pump 45 Daniela 4:00 BodyBalance Julie	DECEMBER 1ST! 5:15 Bodypump M.Ladd 8:30 Bodypump Brandi 11:00 A.D.L. Interval Sue S. 4:30 Pilates Sculpt Jacqueline 5:35 Step This Way M.Ladd 6:40 Yoga Flow Katherine	2 5:15 RPM M.Ladd 8:30 Raised Barre Leslie 11:00 A.D.L. ROM Julie 4:30 Bodyflow Amanda 5:35 Zumba 50 Brandi 6:30 Bodypump M.Ladd	3 5:15 Bodypump Julie 6:30 Bodyflow Julie 8:30 Combat 45min Ani 9:35 ????? 11:00 A.D.L. ????? 4:15 Bodypump Brandi 5:35 Step This Way M.Ladd	4 5:15 45 Spin Kerry 8:30 Barre 11:00 A.D.L. Sue 4:30 Yoga Ani 5:35 Cardio Core 45 Kerry 6:30 Bodypump Ani	5 5:15 Bodypump Julie 8:30 Combat 45m Ani 9:35 Cycle Sue 11:00 Fri Fun Fit ADL DJ 12pm Chair Yoga Sue S. 4:30pm Pilates Sculpt Jacq 5:35pm Zumba Naomi	6 8:30 Barre Leslie 8:35 RPM Ani 9:40 Yoga Michelle 11:00 Zumba Naomi
7 3:00 Pump 45 Ani 4:00 BodyBalance Y360	8 5:15 Bodypump Julie 8:30 Bodypump Brandi 11:00 A.D.L. Interval Sue S. 4:30 Pilates Sculpt Jacqueline 5:35 Step This Way Kerry 6:40 Yoga Flow Ani	PAYROLL ENDS 9 5:15 RPM M.Ladd 8:30 Raised Barre Leslie 11:00 A.D.L. ROM Julie 4:30 Bodyflow Amanda 5:35 Zumba 50 Isaiah 6:30 Bodypump Ani	10 5:15 Bodypump Julie 6:30 Bodyflow Julie 8:30 Combat 45min Nancy 9:35 ????? 11:00 A.D.L. ????? 4:15 Bodypump Ani 5:35 Step This Way Kerry	11 5:15 Spin Kerry 8:30 Barre Michele P. 11:00 A.D.L. DJ 4:30 Yoga Ani 5:35 Cardio Core 45 Kerry 6:30 Bodypump Ani	12 5:15 Bodypump Julie 8:30 Combat 45m Ani 9:35 Cycle Sue 11:00 Fri Fun Fit ADL DJ 12pm Chair Yoga Sue S. 4:30pm Pilates Sculpt Jacq 5:35pm Zumba Naomi	13 Prenatal 10am Postpartum 11am 8:30 Barre Michelle 8:35 RPM Daniela 9:40 Yoga Michelle 11:00 Zumba Arista
14 3:00 Pump 45 Daniela 4:00 BodyBalance Y360	PAYDAY 15 5:15 Bodypump Julie 8:30 Bodypump Ani 11:00 A.D.L. Interval Sue S. 4:30 Pilates Sculpt Jacqueline 5:35 Step This Way M.Ladd 6:40 Yoga Flow Ani	16 5:15 RPM M.Ladd 8:30 Raised Barre Leslie 11:00 A.D.L. ROM Sue S. 4:30 Bodyflow Amanda 5:35 Zumba 50 Isaiah 6:30 Bodypump M.Ladd	17 5:15 Bodypump Julie 6:30 Bodyflow Julie 8:30 Combat 45min Nancy 11:00 A.D.L. ????? 4:15 Bodypump Ani 5:35 Step This Way M.Ladd	18 5:15 45 Spin Kerry 8:30 Barre Michele P. 11:00 A.D.L. DJ 4:30 Yoga M.Ladd 5:35 Cardio Core 45 Kerry 6:30 Bodypump Ani	19 5:15 Bodypump Julie 8:30 Combat 45m Ani 9:35 Cycle Sue. S. 11:00 Fri Fun Fit ADL Sue 12pm Chair Yoga Sue S. 4:30pm Pilates Sculpt Jacq 5:35pm Zumba Naomi	20 8:30 Barre Leslie 8:35 RPM Ani 9:40 Yoga Michelle 11:00 Zumba Isaiah
21 3:00 Pump 45 Ani 4:00 BodyBalance ML	FLOORS RESURFACED NO CLASSES	22 5:15 RPM M.Ladd 8:30am Barre in Spin Room	FLOORS RESURFACED NO CLASSES	PAYROLL ENDS 25 Merry Christmas CLOSED	FLOORS RESURFACED NO CLASSES	27 8:35 RPM Daniela
28 FLOORS RESURFACED NO CLASSES	29 5:15 Bodypump M.Ladd 8:30 Bodypump Ani 11:00 A.D.L. Interval Sue S. 4:30 Pilates Sculpt Jacqueline 5:35 Step This Way M.Ladd 6:40 Yoga Flow Ani	30 5:15 RPM M.Ladd 8:30 Raised Barre Leslie 11:00 A.D.L. ROM Julie 4:30 Bodyflow Amanda 5:35 Zumba 50 Arista 6:30 Bodypump M.Ladd	PAYDAY 31 8:30am BODYPUMP - ML 9:45am BODYBALANCE - ML	JAN 1ST HAIR OF THE DOG RUN!	2 5:15 Bodypump Julie 8:30 Combat 45m 9:35 Cycle Sue 11:00 Fri Fun Fit ADL DJ 12pm Chair Yoga Sue S. 4:30pm Pilates Sculpt Jacq 5:35pm Zumba Naomi	3 8:30 Barre Leslie 8:35 RPM Daniela 9:40 Yoga Michelle 11:00 Zumba Arista