































HEALTHY U | free group fitness schedule

Modified Christmas Schedule

	23-Dec	24-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	2-Jan
Time	Fri	Sat	Mon	Tues	Wed	Thur	Fri	Sat	Mon
5AM				Spinning Kim R		Spinning Kim R			
5:30AM									 Chrysta
5:45AM					Yoga Joy				
8:15AM			 Kim R		 Kim R				 Jody
8:30AM	Bosu Blast Elaine			 Cindy		 Cindy	Bosu Blast Naomi		
8:45AM	Yoga Van			Yoga Bliss Hunter	Vinyasa Yoga 2 Amanda	Vinyasa Yoga 2 Amanda	Yoga Van		Breathe & Flow Yoga Debbie
		 Cindy						 Anna	
		Spin - Melissa						Spin - Melissa	
9AM			 Kim R		 Kim R				 Jody
9:15AM	TRX Elaine				TRX Naomi		TRX Naomi		TRX Elaine
9:30AM	 Kim F			 Kim F		Defined Cindy	 Stefanie		
10AM			 Kim F	Spinning Kim R					 Kim F
10:30AM				 Stefanie		 Stefanie			
12PM			 Kim F			TRX Naomi			 Kim F
5PM			 Lisa						 Lisa

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Time	Fri	Sat	Mon	Tues	Wed	Thur	Fri	Sat	Mon
5:30PM			 Laura TRX Lisa Spinning Karen	 Kim F  Chris	 Laura TRX Lisa Yoga Joy				 Laura TRX Lisa Spinning Karen Yoga Elisa
5:45PM									
6:30PM				 Kim F TRX Chris	 Autumn Yoga Joy	 Autumn TRX Chris			
7:15PM									



*If it is your first time attending a class, please arrive early!
 All Yoga classes take place in the Yoga studio (located next to the racquet ball courts).
 All Spinning/Ride classes take place in the Spin studio (located upstairs).*