



FITNESS CLASSES DECEMBER 2018 YOGA, SPIN, Strength

MONDAY 8:00-8:55am <ul style="list-style-type: none"> • INTERVAL/STRENGTH w Jody 	TUESDAY 9:00-10:15am <ul style="list-style-type: none"> • PILATES FUSION w Ruslana
MONDAY 9:00-9:55am <ul style="list-style-type: none"> • YOGA w Svetlana 	TUESDAY 10:15-11:15am <ul style="list-style-type: none"> • STRENGTH/COND w Elizabeth
MONDAY 6:00-6:55pm <ul style="list-style-type: none"> • EVENING YOGA w Svetlana 	TUESDAY 5:00-6:00pm <ul style="list-style-type: none"> • SUPER SPIN w Arin
WEDNESDAY 8:00-8:55am <ul style="list-style-type: none"> • INTERVAL/STRENGTH w Jody 	THURSDAY 8:00-8:55am <ul style="list-style-type: none"> • OPEN
WEDNESDAY 9:00-9:55am <ul style="list-style-type: none"> • YOGALATES w Svetlana 	THURSDAY 9:00-10:15am <ul style="list-style-type: none"> • PILATES FUSION w Ruslana
WEDNESDAY 6:00-6:55pm <ul style="list-style-type: none"> • EVENING YOGA w Svetlana 	THURSDAY 10:15-11:15am <ul style="list-style-type: none"> • STRENGTH/COND w Elizabeth
FRIDAY 8:00-8:55am <ul style="list-style-type: none"> • HIIT (Interval Training) w Jody 	SATURDAY 11:00-11:55am <ul style="list-style-type: none"> • YOGALATES w Svetlana
FRIDAY <ul style="list-style-type: none"> • OPEN 	SATURDAY <ul style="list-style-type: none"> • OPEN
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NOTES/ANNOUNCEMENTS: Please watch club emails for changes to the fitness schedule during the Christmas holiday. Reminder, the Club is closed December 25th and New Years Day.

