



December

GROUP FITNESS SCHEDULE

MONDAY

BODYPUMP @ 5:50PM

CYCLE @ 6PM

TUESDAY

CYCLE @5:50PM

BODYPUMP @6:55PM

WEDNESDAY

CYCLE @ 6PM

THURSDAY

BODYPUMP @ 6:50PM

FRIDAY

LUNCH-PILATES @12:30PM

SATURDAY:

RPM @ 10:30AM

****CLASSES CANCELLED 12/24, 12/25, 12/31****