



DROP-IN FITNESS CLASSES

December 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Shelly</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i>				1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>	
	5:30 - 6:00 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
8	9	10	11	12	13	14
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		NO CLASSES
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Suzie</i>	
	5:30 - 6:00 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Kickboxing <i>Shelly</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
15	16	17	18	19	20	21
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio <i>Suzie</i>	
	5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
22	23	24	25	26	27	28
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	NO CLASSES	NO CLASSES	12:15 - 12:45 PM Yoga <i>Kerri</i>	
	1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>				1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i>	
	5:30 - 6:20 PM Speed Walk & Weights <i>Cindy</i>				5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
29	30	31				
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>				
	1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i>					
	5:30 - 6:20 PM Speed Walk & Weights <i>Cindy</i>					