

HO HO HO Holiday Schedule

Adult Fitness Class Schedule 1 WEEK ONLY
 Monday, December 26th –Saturday, December 31st

	Mon 26 th	Tues 27 th	Wed 28 th	Thurs 29 th	Fri 30 th
6:00 AM	Group Cycling (GP)	Group Cycling (GP)		Group Cycling (GP)	
7:00AM		Yoga (GP)		Yoga (GP)	
8:10 AM		Pool Aerobics		Pool Aerobics	
8:30 AM	Going Strong I (Gym)	Gentle Yoga (GP)	Going Strong I (Gym)	Gentle Yoga (GP)	
9:00 AM		Pool Aerobics (Cole Pool)		Pool Aerobics (Cole Pool)	
9:15 AM	Group Cycling		Group Cycling		Group Cycling
9:30 AM		Cardio Shape-Up (Gym)	Hi/Lo Combo (Gym)	Cardio Shape-Up (Gym)	
9:45 AM		Chair Yoga (GP)		Chair Yoga (GP)	10:15AM POOLATES
10:30 AM	Going Strong II (Gym)		Going Strong II		
			Stretch & Reach		
10:45 AM					
11:00AM	AOA FREE SWIM		AOA FREE SWIM		
1:00PM		AOA FREE SWIM		AOA FREE SWIM	
5:30 PM	Cycling (GP)		Cycling (GP)		Cycling
6:15PM		Pool Fitness		Pool Fitness	
6:30 PM	**Yoga (GP)	Turbo Kick	**Yoga(GP)	Turbo Kick	
7:00 PM	Aqua Zumba	Turbo Kick	Aqua Zumba	7:15PM PIYO	
7:30PM		Cardio Kick		CardioKick	

*No Saturday 8am class
 Bring a friend.
 All classes are free to everyone.*



xmas dec. 26th

Dec 30th Friday No going strong I & II

ticia yes

Heidi yes

ellie no

sanaa yes

thereasa

yes

Sue woods no tues. & thurs pool

Aqua Zumba