

# 12

DECEMBER

# 2017

## ADDITIONAL CLASS CALENDAR

Weekends  
Demos  
TRX  
Rowing


### NOTES:

Try our newest class - Strong by Zumba with demo classes running all month long. Bring a friend - we are opening this class up to the public for the whole month of December!

A new TRX 6-week session begins next month! Tide yourself over with a full schedule of TRX drop-ins this month!

The club will be OPEN on New Year's Day from 7am - 3pm. Join us for:

10:00am Strong by Zumba  
11:15am Zumba Party

	SUN	MON	TUES	WED	THURS	FRI	SAT
						1 <b>STRONG</b> BY ZUMBA® 10:15am with Katie  <b>Dance FITNESS</b> 5:30pm CARDIO DANCE with Stephanie	2 <b>STRONG</b> BY ZUMBA® 8:00am with Billie 9:00am - STRENGTH with Cathy  <b>TRX ACCUMULATOR</b> 9:00am with Becky W.  10:00am - YOGA with Michaela
	3 <b>CYCLE</b> 1:00pm 90 MINUTE CYCLE with Amanda & Katie	4 <b>INDOROW</b> 10:00am with Dan  <b>TRX101</b> 5:30pm with Becky W. (FREE)  <b>STRONG</b> BY ZUMBA® 6:30pm with Billie	5 <b>STRONG</b> BY ZUMBA® 6:00am with Kari  <b>STRONG</b> BY ZUMBA® 8:30am with Katie  <b>CORECREW</b> 5:30pm with Jessie	6  <b>STRONG</b> BY ZUMBA® 12:00pm with Kari	7	8 <b>STRONG</b> BY ZUMBA® 10:15am with Taeler  <b>BIKER CHICKS</b> 5:30pm with Stacy	9 8:00am - CYCLE with Lisa <b>TRX+ROW</b> 9:00am with Peggy 9:00am - STRENGTH with Becky V & Stephanie 10:00am - YOGA with Amy
	10 <b>CYCLE</b> 1:00pm 90 MINUTE CYCLE with Peggy & Stephanie	11 <b>INDOROW</b> 10:00am with Stacy  <b>INDOROW</b> 5:30pm with Alissa	12 <b>STRONG</b> BY ZUMBA® 6:00am with Katie  <b>STRONG</b> BY ZUMBA® 8:30am with Billie  <b>TRX</b> 12 PAINS OF CHRISTMAS 4:30pm with Becky W.	13  <b>STRONG</b> BY ZUMBA® 12:00pm with Kari	14  <b>STRONG</b> BY ZUMBA® 6:30pm with Taeler	15 <b>STRONG</b> BY ZUMBA® 10:15am with Billie  <b>Dance FITNESS</b> 5:30pm CARDIO DANCE with Stephanie	16 <b>STRONG</b> BY ZUMBA® 8:00am with Katie 9:00am - STRENGTH with Jackie N. 10:00am - YOGA with Jackie S.
	17 <b>CYCLE</b> 1:00pm 90 MINUTE CYCLE with Becky W. & Jamie	18 <b>INDOROW</b> 10:00am with Dan  <b>TRX</b> DROP IN 11:00am with Kari  <b>STRONG</b> BY ZUMBA® 6:30pm with Billie	19 <b>STRONG</b> BY ZUMBA® 6:00am with Katie  <b>STRONG</b> BY ZUMBA® 8:30am with Kari  <b>INDOROW</b> 5:30pm with Jessie	20 <b>TRX</b> DROP IN 11:15am with Amanda  <b>STRONG</b> BY ZUMBA® 12:00pm with Taeler  <b>INDOROW</b> 4:30pm with Becky W.	21 <b>TRX</b> 12 PAINS OF CHRISTMAS 9:00am with Jamie  <b>TRX</b> 12 PAINS OF CHRISTMAS 3:30pm with Kari	22 <b>TRX</b> BLACK JACK 10:00am with Dan  <b>STRONG</b> BY ZUMBA® 10:15am with Taeler  <b>BIKER CHICKS</b> 5:30pm with Lisa	23 8:00am - P3+TOYS with Peggy  <b>TRX101</b> 9:00am with Peggy (FREE) 9:00am - STRENGTH with Taeler 10:00am - YOGA with Mandy
	24 CHRISTMAS EVE CLUB HOURS 7AM - 3PM  <b>INDOROW</b> 9:00am with Peggy 10:00am - STRENGTH with Amy M.	25 CLUB CLOSED MERRY CHRISTMAS!  	26 <b>TRX</b> DROP IN 11:00am with Kari  <b>TRX</b> TAKING DOWN THE TREE 4:30pm with Becky W.	27 <b>TRX+ROW</b> 7:00am with Becky W.  <b>TRX</b> SESSION SIGN UP  <b>TRX</b> DROP IN 11:15am with Amanda  <b>STRONG</b> BY ZUMBA® 12:00pm with Kari	28 <b>TRX</b> DROP IN 9:00am with Jamie  <b>INDOROW</b> 10:00am with Dan  <b>TRX</b> UPPER BODY + CORE 3:30pm with Kari  <b>STRONG</b> BY ZUMBA® 6:30pm with Taeler	29 <b>STRONG</b> BY ZUMBA® 10:15am with Billie  NO FRIDAY 5:30PM CLASS	30 8:00am - CYCLE with Becky W. 9:00am - STRENGTH with Jessie 10:00am - YOGA with Jackie S.
							31 NEW YEAR'S EVE CLUB HOURS 7AM - 3PM <b>TRX</b> COUNTDOWN TO 2018 9:00am with Becky W. 10:00am - YOGA with Nichelle 11:00am - BIRTHDAY CYCLE with Amanda