

# 12

DECEMBER

# 2018

## ADDITIONAL CLASS CALENDAR

Weekends  
Demos  
TRX  
Rowing

### NOTES

Reminder: All Premier class offerings (rowing & TRX classes) and additional classes indicated with an \* have required sign up due to limited space.

Please sign up at [westernracquet.com](http://westernracquet.com) or by calling the front desk at 497-1161.


Enjoy our TRX drop-ins the entire month of December. See additional schedule for times, instructor and theme.

Holiday hours are as follows:

December 24th - 5:00am - 3:00pm

December 25th - CLOSED

December 31st - 5:00am - 3:00pm

	SUN	MON	TUES	WED	THURS	FRI	SAT
							1 *8:00am - CYCLING with Amanda B. <b>INDO ROW</b> *9:00am with Becky W. 9:00am - STRENGTH with Joy 10:00am - YOGA with Michaela
	2 <b>CYCLE</b> *9:00am Cycling Theme Ride Hills and Drills with Amanda B. <b>STRONG by ZUMBA</b> 1:00pm with Dan, Katie, Sara and Kimberly	3 <b>INDO ROW</b> *10:00am with Dan <b>Barre</b> *10:15am with Nichelle	4 <b>Barre</b> *9:00am with Jackie S. <b>CORECREW</b> *5:30pm with Jessie	5	6 <b>Barre</b> *6:00am with Lisa P. <b>Barre</b> *5:30pm with Becky W.	7 <b>Barre</b> *5:10am with Lisa P. <b>Barre</b> *12:00pm with Becky W. <b>BIKER CHICKS</b> *5:30pm with Lisa O.	8 <b>Barre</b> *8:00am with Nichelle <b>INDO ROW</b> *9:00am with Kari 9:00am - STRENGTH with Cathy 10:00am - YOGA with Cathy
	9 <b>STRONG by ZUMBA</b> 1:00pm with Lisa O.	10 <b>INDO ROW</b> *10:00am with Dan <b>Barre</b> *10:15am with Nichelle <b>TRX101</b> *5:30pm with Katie (FREE)	11	12 <b>Barre</b> *10:30am with Nichelle <b>SHOCKWAVE</b> 4:30pm with Dan	13 <b>Barre</b> *6:00am with Lisa P. <b>Barre</b> *5:30pm with Becky W.	14 <b>Barre</b> *5:10am with Lisa P. <b>Barre</b> *12:00pm with Becky W. <b>Barre</b> *5:30pm with Jackie S.	15 *8:00am - CYCLING with Becky W. <b>INDO ROW</b> *9:00am with Becky W. 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Erin N.
	16 <b>STRONG by ZUMBA</b> 1:00pm with Dan	17 <b>INDO ROW</b> *10:00am with Amanda B. <b>Barre</b> *10:15am with Nichelle	18 <b>Barre</b> *9:00am with Jackie S. <b>CORECREW</b> *5:30pm with Jessie	19	20 <b>Barre</b> *6:00am with Lisa P. <b>Barre</b> *5:30pm with Becky W.	21 <b>Barre</b> *5:10am with Lisa P. <b>Barre</b> *12:00pm with Becky W. <b>BIKER CHICKS</b> *5:30pm with Amanda B.	22 <b>Barre</b> *8:00am with Jackie S. <b>INDO ROW</b> *9:00am with Peggy 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Billie
	23 <b>STRONG by ZUMBA</b> 1:00pm with Katie and Sara	24 <b>Barre</b> *9:00am with Nichelle <b>IN A MINUTE</b> 10:00am with Jessie <b>YOGA</b> 11:00am with Jackie S.	25 CLUB CLOSED MERRY CHRISTMAS! 	26 <b>Barre</b> *10:30am with Nichelle	27 <b>Barre</b> *6:00am with Lisa P. <b>Barre</b> *5:30pm with Becky W.	28 <b>Barre</b> *5:10am with Lisa P. <b>Barre</b> *12:00pm with Becky W. <b>Barre</b> *5:30pm with Nichelle	29 *8:00am - CYCLING with Sheila <b>INDO ROW</b> *9:00am with Amanda B. 9:00am - STRENGTH with Sheila 10:00am - YOGA with Amy X.
	30 <b>STRONG by ZUMBA</b> 1:00pm with Kimberly	31 <b>ZUMBA</b> 8:00am with Kari <b>Barre</b> *9:00am with Lisa P. <b>CYCLE</b> *11:00am Birthday Ride with Amanda B.					