





December 2021

SUN	MON	TUES	WED	THU	FRI	SAT
	Instructors: EC Emily Coleman JE Jennifer Espinoza JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen BJ Barbara Jiron	Instructors: MD Maria Diaz RD Rey Drummond SG Steffi Gooding SW Stephanie Whipple KK Kirsten Kieffer HH Heather Holdaway	1 1145 Spin BJ 1200 Yoga EC 1c 1700 Spin SG 1730 Total Body SW fusion 1800 Zumba JM 1c	2 0615 PT Yoga KK 0615 PT Spin MD 1145 Pump BJ 1700 Spin RD 1800 FFT BJ	3 0900 Zumba JM 1c 1200 Foam Rolling SN	4 0900 FFT RD
5	6 1700 Yoga Burn HH MB 1730 Total Body SW fusion 1800 Zumba KM 1c	7 0615 PT Spin MD 1145 Pump CH 1200 Strong & Long Yoga HH MB 1715 FFT RD fusion	8 1145 Spin CH 1200 Yoga EC 1c 1700 Spin SG 1730 Total Body SW fusion 1800 Zumba JM 1c	9 0615 PT Spin MD 1145 Pump CH 1700 Spin RD 1800 FFT SG	10 0900 Zumba JM 1c 1200 Foam Rolling SN	11 0900 FFT RD Jingle Jog 5k 0900 
12	13 1000 Yoga EC 1C 1700 Yoga Burn HH MB 1730 Total Body SW fusion 1800 Zumba KM 1c	14 0615 PT Spin MD 1145 Pump CH 1200 Strong & Long Yoga HH MB 1715 FFT RD fusion	15 1000 Yoga EC 1c 1145 Spin CH 1200 Yoga EC 1c 1700 Spin SG 1730 Total Body SW fusion 1800 Zumba JM 1c	16 0615 PT Yoga KK 0615 PT Spin MD 1145 Pump CH 1700 Spin RD 1800 FFT SG	17 0900 Zumba JM 1c 1200 Foam Rolling SN	18 Holiday Restorative Yoga Workshop \$30 1300-1430 Sign up is limited! 0900 FFT RD
19	20 1700 Yoga Burn HH MB	21 1145 Pump CH 1200 Strong & Long Yoga HH MB 1715 FFT RD fusion	22 1145 Spin CH 1700 Spin SG 1800 Zumba JM 1c	23 Holiday Hours 0800-1700	24 Christmas Eve 0800-1200 Closed after 1200(24 Hour Access)	25 Christmas Day CLOSED 24 Hour ACCESS ONLY 
26	27 1730 Total Body SW fusion	28 1145 Pump CH 1715 FFT RD fusion	29 1145 Spin CH 1730 Total Body SW fusion 1800 Zumba JM 1c	30 Training Holiday 0800-1700	31 New Year's Eve! 0800-1200 Closed after 1200 (24 Hour Access Only)	1 Happy New Years! Open at 1000- 1700

Changes for December
 Christmas Day we are **CLOSED** and in **24 Hour** mode, this means you must be 18 or older to enter and have to have current 24 Hour access. The Basketball court/Racquetball courts, locker rooms/sauna will be closed.

Sign up for:
 Small Group Classes with Emily (ecoleman7@yahoo.com)
 Power Yoga 1000 Monday and Wednesday **Register Now** until Jan 3rd, 2022
 \$55 for 10 sessions
 Small Group Classes with Heather (strongholdaway@gmail.com)
 Yoga Flows 0900 Tuesdays and Thursdays **Register**
 \$45 for 8 sessions

YOGA BURN - A fitness based approach to yoga that will lengthen and strengthen your muscles while working up a sweat. Repetitive movements are added to traditional yoga postures to help tone and define your muscles while increasing joint stability and building overall stamina and cardiovascular health.

STRONG & LONG YOGA - An alignment focused class with longer holds to increase strength and flexibility in your body and mind. We will do a combination of standing, balancing, seated, and supine postures, seamlessly sequenced in a moving meditation that will open your body and mind.

*** Fitness Resolution***
 January 8th from 1000-1300
 Our Annual Fitness Resolution where you can sample all the classes we offer, talk to a trainer and sign up for Boot Camp and Biggest Loser.