

## December 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	2 0600 Spin AF Spin 0900 Yoga Flow LG MB 1000 Step NK 1C 1800 Salsa I ME MB 1915 Salsa II ME MB	3 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG ME MB	4 0600 Spin AF Spin 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG ME 1C 1715 FFT 101 FUS 1830 Zumba BS 1C	5 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1830 Yoga BS MB	6 0900 FFT 101 FUS 1000 Beg. Yoga CD MB	7
8 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	9 0600 Spin AF Spin 0900 Yoga Flow LG MB 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	10 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG ME MB	11 0600 Spin AF Spin 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG ME 1C 1715 FFT 101 FUS 1830 Zumba BS 1C	12 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1830 Yoga BS MB	13 <b>Jingle Bell Jog 5k 0900</b> 0900 FFT 101 FUS 1000 Beg. Yoga CD MB	14
15 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	16 0600 Spin AF Spin 0900 Yoga Flow LG MB 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	17 0900 Beg. Yoga CD 1C 1145 Spin AO Spin 1800 BANG ME MB	18 0600 Spin AF Spin 0900 Kickboxing CD MB 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	19 0900 Beg. Yoga CD MB	20 0900 FFT 101 FUS 1000 Beg. Yoga CD MB	21
22 1145 Spin AO Spin 1715 FFT 101 FUS	23 0900 Yoga Flow LG MB	24 <b>Christmas Holiday 24hr Access Only</b>	25	26 0900 Kickboxing CD MB	27 <b>Training Holiday 0830-1700</b> 0900 Beg. Yoga CD MB	28 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
29 <b>Training Holiday 0830-1700</b> 1145 Spin AO Spin	30 0900 Yoga Flow LG MB	31	<b>Instructors:</b> AF Augusta Fehn AO Aida Otieno LG Lucie Geraci NK Nelli Klygina RD Rey Drummond ME Melissa Elam BS Brittani Stokes CD Caroline Dozier		<b>Fitness Rooms:</b> MB = Mind and Body FUS = Fusion 1C Spin	
				<b>Class Price:</b> \$5 w/ 10 Pass Package \$6 / Drop In		

**19:15-2030 Dec. 3, 10, 17, 19:** Join our fitness instructor, Melissa with a “Beginner Salsa Level 2.” in this 4 week progressive class, continue your salsa journey with this 4 week Beginner Level 2 class. We will build upon the basics you learned in Level 1, learning new variations for you to use out on the dance floor, while refining your footwork and enhancing your partner skills. Prerequisite: Completion of Beginner Salsa I. Classes will meet every Tuesday for 4 weeks price is \$50pp.

**0900 Dec. 14 Jingle Bell Jog:** Join us for our annual 5 kilometer run.

