

Lifestyle Wellness and Spa



December GROUP FITNESS SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Group Centergy w) Lenora		Group Centergy w) Chris		Group Centergy w) Brandon	
8AM		Group Centergy w) Felicia			Yoga Fit w) Kay	
8:30AM						Cardio Burst w) Shawna
9AM		Get on the Ball Cardio Circuit w) Stacy		Circuit Breaker w) Felicia	Muscle Challenge w) Mandy	
9:30AM	Step Interval Strength w) Mandy		Hi/Lo on the Go w) Mandy			Group Power w) Steven & Shawna
10:30AM	Yoga Fit w) Kay	Silver Sneakers w) Sherry & Barb	Yoga Fit w) Kay	Silver Sneakers w) Sherry & Barb		Group Centergy w) Rotating Instructors
5:15PM	Cardio X-press w) Stacy		Cardio X-press w) Betsy			
5:30PM				Cardio Blast w) Betsy		
5:45PM	Group Power w) Buffy	Cardio Burst & Gliding w) Shawna				
6PM			Group Power w) Steven & Shawna	Group Centergy w) Betsy & Lenora		
6:30PM		T N T w) Shawna				
6:45PM	Group Centergy w) Chris & Brandon					