

























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 	8:00AM - 8:45AM CARDIO AEROBICS ROOM JOE (20) 	8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM KATHY (20) 	8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM KATHY (20) 	
9:00AM - 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 		9:00AM - 9:45AM MOBILITY & STRENGTH AEROBICS ROOM ASHLEY (22) 	9:00AM - 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 	9:00AM - 9:45AM CARDIO AEROBICS ROOM KATHY (20) 
10:00AM - 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 	10:00AM - 10:45AM STRENGTH & CONDITIONING AEROBICS ROOM TERI (20) 	10:00AM - 10:45AM CARDIO & DANCE AEROBICS ROOM MARCELLUS (24) 	10:00AM - 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 	10:00AM - 10:45AM MIND & BODY AEROBICS ROOM KATHY (20) 
	11:00AM - 11:45AM YOGA AEROBICS ROOM ALEJANDRA (15) 		5:30PM - 6:15PM STRENGTH & CONDITIONING MEETING ROOM 1 ASHLEY (22) 	11:00AM - 11:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 










-  Strength & Conditioning
-  Cardio & Dance
-  Mind & Body

See back for descriptions and class policies & guidelines

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8:00AM – 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 	8:00AM – 8:45AM CARDIO AEROBICS ROOM JOE (20) 	CLOSED FOR CHRISTMAS EVE 	CLOSED FOR CHRISTMAS DAY 	11:00AM – 11:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 
9:00AM – 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 	10:00AM – 10:45AM STRENGTH & CONDITIONING AEROBICS ROOM TERI (20) 			
10:00AM – 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 				

 Strength & Conditioning
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		9:00AM - 9:45AM MOBILITY & STRENGTH AEROBICS ROOM ASHLEY (22) 		9:00AM - 9:45AM CARDIO AEROBICS ROOM KATHY (20) 
	10:00AM - 10:45AM STRENGTH & CONDITIONING AEROBICS ROOM TERI (20) 	10:00AM - 10:45AM CARDIO & DANCE AEROBICS ROOM MARCELLUS (24) 		10:00AM - 10:45AM MIND & BODY AEROBICS ROOM KATHY (20) 
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