

Group Fitness

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP CC 5:15 BARRE SI 6:15 HIIT JM	2 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates KP 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	3 5:15 BODYPUMP SL 7:00 BODYPUMP SL <u>*NO 9:00 Class today*</u> 9:15 HIIT LF 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM	4 5:15 HIIT JM 8:15 BODYPUMP Angel <u>*NO 9:15 Class today*</u> 10:30 Booty Burn SI 12:00 BARRE KP <u>*NO 5:15 Class today*</u> 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	5 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	6 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
7 1:30 Zumba Laurie	8 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP CC 5:15 BARRE SI 6:15 HIIT JM	9 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	10 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	11 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	12 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP CC	13 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sarah
14 1:30 Zumba Rob	15 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	16 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	17 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	18 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	19 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP KF	20 8:30 Yoga TA 9:45 BODYPUMP Angel <u>*NO 11:00 Class today*</u>
21 1:30 Zumba Shanika	22 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	23 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP Angel 7:30 ZUMBA Sandra	24 Christmas Eve	25 Merry CHRISTMAS!!	26 Enjoy your holiday! <u>*NO Classes today*</u>	27 <u>*NO 8:30 Class today*</u> 9:45 BODYPUMP CC 11:00 ZUMBA Laurie
28 1:30 Zumba Sarah	29 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP CC 5:15 BARRE SI 6:15 HIIT JM	30 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	31 <u>New Year's Eve</u> 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility JM 9:15 HIIT JM 10:15 BARRE SI 12:00 Pilates KP <u>*NO PM Classes today*</u>	TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy Shanika Shanika McLemore	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SI Summer Isenhour	