



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING: December

Group Fitness Schedule WINTER 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00a Energize Step Diane	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00-7:00a Energize Step Diane	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00-7:00a Energize Step Diane		
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12, 4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 noon Sunday - closed	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Frank	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Barbara	7:30-8:30a Energize Step Diane	
	8:00-9:00a Body Sculpt Andy	8:00-9:00a Pilates Barbara	7:00-8:00a Meditation Alicia	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily	
	<b>*in Exergame</b>		<b>*in Livestrong Lounge</b>			<b>*in Exergame</b>	
	8:15-9:10a Zumba Barbara	8:00-9:00a Fit for Life Frank <b>*in Exergame</b>	8:05-9:05a Low Impact Tammy	8:00-9:00a Fit for Life Frank <b>*in Exergame</b>	8:15-9:15a Tai Chi for Balance- Louise <b>*in Exergame</b>	8:45-9:45a Hardcore Justin	
<b>* Classes held upstairs in Exergame Room</b>	9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	8:15-9:15a Tai Chi for Balance- Louise <b>*in Exergame</b>	9:15-10:15a Power Hour Charlene	9:15-10:20a Nia Sculpt Jessica	10:00-10:45a Fit Kids Carolyn <b>*in Exergame</b>	
	9:30-10:30a Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	9:15-10:15a Live Life Yoga Kay <b>*in Exergame</b>	9:15-10:20a Classic Nia Jessica	9:15-10:15a Live Life Yoga Kay <b>*in Exergame</b>	9:30-10:30a Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	11:30-12:15p Move4Life Kids David <b>*in Exergame</b>	
	10:45-11:45 Livestrong Alumni -Deb <b>*in Exergame</b>	10:30-11:30 Half and Half Marcia	9:30-10:30a Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	10:30-11:30a Kripalu Hatha Yoga Gordon	10:30-11:30 Body Sculpt Marcia	12:15-1:15p Zumba Christy	
	10:45-11:45 Zumba Sona		10:45-11:45 Livestrong Alumni -Deb <b>*in Exergame</b>	11:45-12:45 Vitality Stretch Amy		1:45-2:45p Yoga Nikki	
	11:45-12:45 Vitality Stretch Amy	11:45-12:45 Kripalu Hatha Yoga Gordon	10:45-11:45 Zumba Sona	1:45-2:30p Yoqua Kay <b>*in Small Pool</b>			
	4:30-5:30p Zumba Christy	4:30-5:30p Energetic Yoga Dessie	11:45-12:45 Vitality Stretch Amy	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris		
	6:30-7:30p Yoga Flow Sheri	5:00-6:00p Body Sculpt Chris <b>*in Exergame</b>	1:00-2:00p Fitness Chair Denise G <b>*in Exergame</b>	5:30-6:30p Bootcamp Justin	6:00-7:00p Yoga Chris		
		4:15-5:15p Yoga Nikki	4:15-5:15p Yoga Nikki	6:30-7:30p Hatha Yoga Mazie			
		6:30-7:30p Yoga Sona	5:30-6:30p Cize Live Sona	6:30-8:30p Aikido Larry <b>*in Exergame</b>			
		6:15-7:15p Tai Chi Mark & Roberta <b>*in Exergame</b>	6:30-7:30p Zumba Toning Carolyn				