




December 2017



Group Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					¹ <u>No WaterWorks Today</u> 10:00 AM (60) CORE DE FORCE- DP	² 9:00 AM (45) Guns & Buns- AO 10:15 AM (60) Zumba- JH
³ 8:45 AM (45) WaterWorks- CP	⁴ 10:00 AM (45) Get RIPPED- SB <u>No AM WaterWorks</u> 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AO	⁵ <u>No WaterWorks Today</u> 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) KICKBOXING- AO 6:30 PM (60) YOGA- BN	⁶ 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR	⁷ 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- DP	⁸ 9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP	⁹ 9:00 AM (45) BodyBLAST- DD 10:15 AM (60) Zumba- JH
¹⁰ 8:45 AM (45) WaterWorks- CP	¹¹ 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR	¹² 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	¹³ 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR	¹⁴ 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO	¹⁵ 9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP	¹⁶ 9:00 AM (60) CORE DE FORCE (DP) 10:15 AM (60) Zumba- JH
¹⁷ 8:45 AM (45) WaterWorks- CP	¹⁸ 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AO	¹⁹ 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	²⁰ 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR	²¹ 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO	²² 9:30 AM (45) WaterWorks- CM 10:00 AM (90) CHRISTMAS UGLY SWEATER SPECIAL- DP, SB, AO	²³ NO 9AM CLASS 10:15 AM (60) Zumba- SR
²⁴ <u>No WaterWorks Today</u> Club Open- 8am-4pm	²⁵ CLUB CLOSED Happy Holidays 	²⁶ 9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	²⁷ 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR	²⁸ 10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO	²⁹ 9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP	³⁰ 9:00 AM (60) CORE DE FORCE (DP) 10:15 AM (60) Zumba- SR
³¹ Club Open- 8am-4pm 8:45 AM (45) WaterWorks- CP	