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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00 |  |  |  |  | STRONG45 Min A |  |  |
| 6:00 | Cardio/Strength M 45-50 min | Yoga T35 Min | Spin M45-50 Min | Yoga T35 Min | Cardio/StrengthM 45-50 Min |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 8:30 | Bootcamp S45-60 MinNorth Gym | Spin S60 MinNorth Gym | Step/Muscle Mix S 60 Min | Spin S60 MinNorth Gym | Bootcamp S45-60 MinNorth Gym |  |  |
| 9:00 | Senior Fitness G | Senior Fitness G | Senior Fitness G | Senior Fitness G | **Kids Fit will still be on Wednesday’s at 10:00!**  | Dance Fitness M |  |
| 10:00 |  | Pilates/BarreG 60 Min | Pilates/BarreG 60 Min | Pilates/BarreG 60 Min |  |  |  |
| 11:00 | TRX 60 MinAN | Cycle 36060 Min AN | TRX 60 MinAN | Cycle 36060 Min AN |  |  |  |
| 12:00 |  |  | TRX 30 Min AN |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 2:30 |  |  | **December Aerobic Schedule** |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |   |
| 6:00 | STRONGA50 Min | P90X J35 Min | StrongA60 50 Min |  |  |  | Yoga T |
| 7:00 | SpinB60 MinNorth Gym | Dance Fitness60 MinM. |  | Strength 60 Min B |  |  |  |