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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00 |  |  |  |  | STRONG  45 Min A |  |  |
| 6:00 | Cardio/Strength  M 45-50 min | Yoga T  35 Min | Spin M  45-50 Min | Yoga T  35 Min | Cardio/Strength  M 45-50 Min |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 8:30 | Bootcamp S  45-60 Min  North Gym | Spin S  60 Min  North Gym | Step/Muscle Mix S 60 Min | Spin S  60 Min  North Gym | Bootcamp S  45-60 Min  North 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/Barre  G 60 Min | Pilates/Barre  G 60 Min | Pilates/Barre  G 60 Min |  |  |  |
| 11:00 | TRX 60 Min  AN | Cycle 360  60 Min AN | TRX 60 Min  AN | Cycle 360  60 Min AN |  |  |  |
| 12:00 |  |  | TRX  30 Min AN |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 2:30 |  |  | **December Aerobic Schedule** |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |
| 6:00 | STRONG  A  50 Min | P90X  J  35 Min | Strong  A  60 50 Min |  |  |  | Yoga  T |
| 7:00 | Spin  B  60 Min  North Gym | Dance Fitness  60 Min  M. |  | Strength  60 Min B |  |  |  |