

 **December 2019**

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 6:00-7:00 AM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 7:00-8:00 AM |  |  |  |  |  |  |
| 8:30-9:30 AM | **Restorative Yoga****“Jennifer”** |  |  |  | **Sun Salutations Yoga****“Jennifer”** |  |
| 9:00-10:00 AM |  |  |  | **Spin with Jenn** |  |  |
| 10:00-11:00 AM | **Senior Volleyball** |  |  |  | **Senior Volleyball** |  |
| 11:00-12:00 AM | **Senior Volleyball** |  |  |  | **Senior Volleyball** |  |
| 12:00-1:00 PM |  | **Spin with Jenn** | **Restorative Yoga****“Jennifer”** | **Spin with Jenn** | **Yoga Abs****“Jennifer”****12- 12:30** |  |
| 12:00-1:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 4:00-5:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 4:30- 5:30 PM | **Core and More****\*Pilates\*** |  | **Core and More****\*Pilates\*** |  | **Core and More****\*Pilates\*** |  |
| 4:30- 6:00 PM | **Beginner’s Yoga****“Jennifer”** |  |  |  |  |  |
| 5:00-6:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 5:30-6:30 PM |  | **Spin with Jenn** |  | **Yoga****5:30- 7pm** **“ Jennifer”** |  |  |
| 5:30-6:00 PM |  |  |  |  |  |  |
| 6:00-7:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 6:30-7:00 PM |  | **Mash up****“Jennifer”** |  |  |  |  |

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| **COLOR KEY** | **STUDIO 1** | **STUDIO 2** | **STUDIO 3**  | **WEIGHT ROOM** | **CARDIO ROOM** |



**CORE AND MORE/ ROCKIN’ THE BALL –** This class will focus on precise movements that will develop core strength, flexibility, balance, and stamina. Appropriate for all fitness levels.

**SENIOR FITNESS-** Experience a variety of exercises designed to improve muscular strength, range of motion, and the activities of daily living. A chair is always available if needed. All fitness levels.

**YOGA -** Experience a variety of poses that increase your strength, balance, and flexibility. Great for relieving stress after a long day! Appropriate for all fitness levels!

**CROSSFIT-** A high-intensity fitness program incorporating elements from several sports and types of exercise.

**R.I.P.P.E.D-** Resistance, interval, power, plyometric, endurance, diet, and core.

**SPIN-** Indoor cycling class that focuses on improving endurance and strength.