

Adult Group Fitness Schedule

Holiday Schedule

Dec. 24, 2024 – Jan. 1, 2025

Tues., 12/24	Wed., 12/25	Thurs., 12/26	Fri., 12/27	Sat., 12/28	Sun., 12/29	Mon., 12/30
Tues., 12/31	Wed., 1/1					
MORNING						
7:30-8:45	The Connection	7:30-8:45	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00
Yoga/Breathwork	will be	Yoga	Max Out	Therapeutic Yoga	Pilates	Low Impact Power
	CLOSED			Hybrid*		Hour
8:45-9:45	Wednesday,	10:00-11:00	9:00-10:30		9:00-10:00	
Max Out	12/25	Latin Grooves	Iyengar Yoga	10:15-11:15	Pickleball	12:00-1:00
40.00 44.00	& Wednesday,	& Fitness	42.00 4.00	Pickleball	Open Play (email for reservation)	LSC + Balance
10:00-11:00 Zumba	1/1	11:00-12:00	12:00-1:00 LSC + Balance	Open Play (email for	(email for reservation)	1:00-3:00
Zuiliba		Osteo	LSC + Dalance	reservation)	10:00-11:00	Mah Jong
11:00-12:00		Osieo	1:15-2:15		Pickleball	Iviali Jong
Osteo		1:00-3:00	Pickleball	11:15-12:15	Open Play	1:15-2:15
		Board Games	Open Play	Pickleball	(email for reservation)	Pickleball
			(email for	Open Play		Open Play
The Connection		1:15-2:15	reservation)	(email for	10:00-11:00	(email for reservation)
will CLOSE at		Pickleball Open	0.45.0.45	reservation)	Yoga	
12:00pm		Play (email for	2:15-3:15	12:15-1:15	44-00-40-00	5:45-6:45
		reservation)	Pickleball Open Play	Pickleball	11:00-12:00 Pickleball	LaBlast
		1:30-2:45	(email for	Open Play	Open Play	
		Tai Chi/Qi Gong	reservation)	email for	(email for reservation)	
		Hybrid*	,	reservation)	(0.114.11.1)	
		riyona	5:15-6:15		12:00-1:00	
		2:15-3:15	Pickleball		Pickleball	
		Pickleball Open	Open Play		Open Play	
		Play (email for	(email for		(email for reservation)	
		reservation)	reservation)			
			5:30-6:30			
		5:45-6:45	Yoga			
		Cuts & Core	. • 9			
		Hybrid*	6:15-7:15			
			Pickleball			
			Open Play			
			(email for			
			reservation)			
			classes cancelled:			classes cancelled:
		classes cancelled:	10am Lyrical/Jazz	classes cancelled:	classes cancelled:	7:30am Yoga
		8:45am Cardio/Core 12pm Reiki	5:45pm Zumba	7:30am Yoga 9am Barre Sculpt	9:30am Virtual Max Out 11am Reiki	10am Barre Sculpt
		1:30pm Cardio	Toning	9an Barre Sculpt 9am Zumba	Ham Non	10am Zumba
		Classics Groove		54 <u>_</u> 411154		1:15pm Chair Yoga 7pm Tai Chi
		3pm Virtual Chair				7:45pm Dance Fusion
		Yoga				
		6pm Zumba 7-9pm Ballroom				
		7-3pm Jazz				
		8pm Tap				