



# Adult Group Fitness Schedule

## Holiday Schedule Dec. 24, 2024 – Jan. 1, 2025

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