

DECEMBER, 2022
Fit-Time for Women
GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:00 - 6:00
MONDAY	Class Instructor	Dance Bayley	Strength Worx Bayley	Chair Yoga Bayley		ZUMBA Angela
TUESDAY	Class Instructor	Morning Mashup Melanie	YOGA Bayley	Strength, Balance & Coordination Barbara	Volleyball	YOGA Rebe
WEDNESDAY	Class Instructor	Full Body Blast Amanda	Yoga for Mobility Jaime	Silver Sneakers Barbara		DanceNSculpt Tanya
THURSDAY	Class Instructor	Dance Bayley	Butts and Guts Bayley	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Angela
FRIDAY	Class Instructor	Raise the Bar Amanda	Mindful Yoga Amanda	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Susan			