



Holiday Group Fitness Schedule

2019/2020



Christmas Eve – Tues. December 24 Club Hours 5:00am – 2:00pm

- All Group Fitness classes (Aqua included) will be held as regularly scheduled up to and including the 12:00pm classes.

**Except the 8:00am Foam Roller Release class is cancelled.*

Christmas Day – Wed. December 25 CLUB WILL BE CLOSED

MERRY CHRISTMAS & HAPPY HOLIDAYS!

New Year's Eve – Tues. December 31 Club Hours 7:00am – 4:00pm

- All Group Fitness classes (Aqua included) will be held as regularly scheduled up to and including the 12:00pm classes.

New Year's Day – Wed. January 1, 2020 Club Hours 7:00am - 6:00pm

- 8:30am BodyPump with Adria
- 9:30am Cycling with Mindy
- 9:30am Yoga with Olga

(No Aqua classes on Jan. 1)



***Have a Healthy and Happy
Holiday Season!***

