

DECEMBER VIRTUAL GROUP EX SCHEDULE

NEW! Virtual classes are now live streamed in Mindbody.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO CRAZE 6:15 - 7:00 a.m. <i>with Caylene</i>	TONE CENTRAL 8:45 - 9:30 a.m. <i>with Caylene</i>	CARDIO CRAZE 6:15 - 7:00 a.m. <i>with Caylene</i>	LO/HI 7:00 - 7:45 a.m. <i>with Cassie</i>	SPIN 9:30 - 10:30 a.m. <i>with Theresa</i>	SPIN 8:00 - 8:45 a.m. <i>with Cassie</i>
PUMP IT UP STRENGTH 8:15 - 9:00 a.m. <i>with Theresa</i>	MAT PILATES 9:30 - 10:30 a.m. <i>with Lynn</i>	SPIN 8:15 - 9:15 a.m. <i>with Theresa</i>	PUMP IT UP STRENGTH 9:00 - 9:45 a.m. <i>with Theresa</i>	TONE CENTRAL 9:30 - 10:15 a.m. <i>with Caylene</i>	TABATA 9:00 - 9:45 a.m. <i>with Theresa</i>
SPIN 9:30 - 10:30 a.m. <i>with Theresa</i>	ESCAPE YOUR LIMITS 9:45 - 10:30 a.m. <i>with Dante</i>	CIRCUIT TRAINING 9:45 - 10:30 a.m. <i>with Theresa</i>	ADVANCED/ INTER. PILATES 9:30 - 10:30 a.m. <i>with Lynn</i>	SILVER SNEAKERS CLASSIC 12:00 - 12:45 p.m. <i>with Theresa</i>	
SILVER SNEAKERS CLASSIC 12:00 - 12:45 p.m. <i>with Jess</i>	YOGA 10:00 - 11:00 a.m. <i>with Theresa</i>	SILVER SNEAKERS STABILITY 12:00 - 12:45 p.m. <i>with Theresa</i>	BOOTCAMP 6:00 - 6:45 p.m. <i>with Dante</i>		POWER TONE 9:15 - 10:00 a.m. <i>with Jen</i>
	VINYASA YOGA 7:00 - 8:00 p.m. <i>Alyssa</i>	BOOTCAMP 6:00 - 6:45 p.m. <i>with Dante</i>	VINYASA YOGA 7:00 - 8:00 p.m. <i>Alyssa</i>		PILATES 9:30 - 10:30 a.m. <i>with Brittany</i>

SUNDAY