

# DECEMBER GROUP FITNESS

Monday

Strength Express  
6:30-7:00  
Matt

Pilates  
11:30-12:15  
Anna

Tuesday

Total Body Pump  
6:30-7:15  
Matt

Total Body Pump  
11:30-12:15  
Breanna

Vinyasa Yoga  
12:30-1:15  
Erica

Wednesday

TRX, Ropes, and  
Med Balls  
11:30-12:15  
Matt

Vinyasa Yoga  
12:30-1:15  
Paula

Thursday

BURNOUT  
Bootcamp  
6:30-7:15  
Matt

Cardio & Core  
Blast  
11:30-12:05  
Breanna

Vinyasa Yoga  
12:30-1:15  
Anna

Friday

Pilates  
11:30-12:15  
Emma

