


December Fitness Class Schedule

Studios Phone: 623-935-6752
 TF Fit Ctr Phone: 623-935-6740
 EN Fitness Ctr Phone 623-935-6783

Hrs: M-Wed 8am-4pm;
 Th-Sat 8am-noon

All Classes \$6.00 (\$4.50 w/prepaid package) unless specified
 Guests may not use discounted package

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Starts						
8:00	Hydro Challenge - TF w/ Janet	Hydro Challenge -TF w/ Janet	Hydro Challenge-TF w/ Janet			
	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia	
			Stillness in Motion/Tai Chi w/ Charlie			
9:00				Hydro Challenge - TF w/ Shirleen	Aqua Zumba-TF w/ Helen	
	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Yin Yoga w/ Laine	Mobility/Pilates w/ Kathryn	Zumba w/ Cindy
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
		Stretch & Strength w/ Sonia		Stretch & Strength w/ Sonia		
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	
	HapKiDo w/ Michael	Country Fitness w/Cortney	HapKiDo w/ Michael	xxx		
12:00						
1:00		Zumba Chair w/ Cindy				
	1:00 Hydro Challenge-TF w/ Janet				 Happy New Year!!	
2:00		Yin & Meditation w/ Stephanie	Slow Flow w/ Stephanie			
2:30		Aqua Zumba w/ Helen (EN Pool)	Aqua Zumba w/ Barbara (EN Pool)	Aqua Zumba-TF w/ Cindy (TF Outdoor Pool)	Dec 24, 25 - Closed. Dec 26, 27, Studios will be open for drop in use.	
3:00	Unwind Body & Mind w/ Laine		Yin Yoga w/ Laine		No classes 12/24-27	
					12/31, Close at Noon, no pm classes	

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/