



# December 2018 Fitness Schedule

| Sun | Mon  | Tue   | Wed   | Thu   | Fri   | Sat |
|-----|--|---|---|---|---|-----|
| 2   | 3<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT<br>4:15-5:00 PM Water Aerobics<br>5:30-6:30 PM PIYO  | 4<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates<br>12:00-12:30 PM FIT  | 5<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>12:00-12:30 PM FIT<br>4:15 - 5:00 PM Water Aerobics<br>5:30—6:30 Pm PIYO                                  | 6<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates<br>4:00- 5:00 Vinyasa Yoga | 7<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT  | 1/8 |
| 9   | 10<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT<br>4:15-5:00 PM Water Aerobics<br>5:30-6:30 PM PIYO | 11<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates<br>12:00-12:30 PM FIT | 12<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT<br>4:15 - 5:00 PM Water Aerobics<br>5:30—6:30 Pm PIYO | 13<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates                           | 14<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT | 15  |
| 16  | 17<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT<br>4:15-5:00 PM Water Aerobics<br>5:30-6:30 PM PIYO | 18<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates<br>12:00-12:30 PM FIT | 19<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT<br>4:15 - 5:00 PM Water Aerobics<br>5:30—6:30 Pm PIYO | 20<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates                           | 21<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>9:00-10:00 AM Flex & Stretch<br>12:00-12:30 PM FIT | 22  |
| 23  | 24<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>12:00-12:30 PM FIT<br><br>Rec closes at 3:00 PM   | 25<br>             | 26<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>12:00-12:30 PM FIT<br>4:15 - 5:00 PM Water Aerobics<br>5:30—6:30 Pm PIYO                                 | 27<br>5:30-6:15 AM Cycling<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Pilates                           | 28<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>8:30-9:15 AM Stretch & Strengthen<br>12:00-12:30 PM FIT                                 | 29  |
| 30  | 31<br>5:30-6:15 AM FIT<br>6:15-6:45 AM FIT<br>6:00-6:45 AM Aquasthenics<br>8:30-9:15 AM Stretch & Strengthen<br>12:00-12:30 PM FIT<br><br>Rec closes at 3:00 PM  |   | Classes in BLUE are held in the indoor pool   |   |   |     |