



GROUP EXERCISE SCHEDULE

RUSSELLVILLE ROAD

DECEMBER 2018

December 2018 – Happy Holidays!

Check out our NEW 8:20 AM start times!

NO CLASSES on 12/24 or 12/25

MERRY CHRISTMAS!!!

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|--------|-----------------------------|-------------------|----------------------|---------------------|--------------------------|---|
| 8:20-9:20am | | F.I.T. Chandler | Zumba Rous | Total Tabata Tina | Zumba Sintevia | Total Tabata Chandler | Head to the pool for Aqua Zumba with Rous! |
| 9:30-10:30am | | Stretch and Flex Heather | Pilates Rous | Yoga Tina | Pilates Jennifer | Yoga Sara | <u>Mind & Body</u> 12/1 Yoga w/ Tina 12/8 Pilates w/ Rous 12/15 Yoga w/ Sara 12/22 Yoga w/ Sara 12/29 Pilates w/Rous |
| 4:30-5:30pm | | Total Tabata Rous | Zumba Sintevia | | Zumba Rous | Total Tabata Rous | |
| 5:30-6:30pm | | Zumba Grace | RIPPED Regina | F.I.T. Rous | RIPPED Regina | Dance Party Miranda | |
| 6:30-7:30pm | | F.I.T. Rous | Pilates Rous | Zumba Rous | Pilates Rous | | |