

American Fitness Class Schedule • December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
10-11:15a: Spin (Matt) 1:00 - 2:00p: RIP (Michelle) *2-3:00p: Slow Flow (Kim)	7:05-7:55a: FloorFlo (Maura) 8:05-9:05a: RIP (Mary) 8:30-9:30a: Spin Pump (MATT) *9:05-10:00a: Chair Yoga (Kim) 9:10-10:10a: Zumba* (Monica J) *10:15-11:45a: SloYinFiz (Kim) 5:45-6:45p: Zumba* (Michelle) 6:45-7:15p: Core 30 (Michelle)	7:10-7:30a: Meditation (Maura) 7:30-9a: Yoga as Medicine (Maura) 8:30-9:30a: Spin Pump (Rod) 9:15-10:15: XPilates (DAWN E) *9:15-10:15a: Line Dancing (Ivy) 10:30-11:30a: CardioPump (Heather) *10:30-11:45a: Power Yoga (Javier) *5:45-6:45p: Yin to Restore (Kim) 5:45-6:45p: Butts & Guts (Debra)	7:05-8:00a: Fit Flow (Maura) 8:15-9:15a: H.I.C.T. (Monica) *8:15-9:15a: AM Stretch (Kim) 9:00-10:00a: Spin* (Heather) *9:30-10:30p: Zumba* (Christina) 9:30-10:30a: RIP (Mary) *10:30-11:45a: Hot Yoga (Javier) *5:30-6:25p: Zumba* (Paula S) 5:45-6:30p: Step Class (Debra) *6:35-7:05p: Core 30 (Paula S)	*7:30-9:00a: Gentle Yoga (Kim) 8:30-9:30a: Spin Pump (Rod) 9:00-10:00a: CardioPump(Mary) *9:30-10:45a: Ashtanga (Javi) 10:05-11:05a: XPilates (DAWN) 11:15-12:15: Line Dancing (Ivy) 5:45-6:45p: Pump It Up (Debra) 6:45-7:15p: Core 30 (Debra)	7:00-7:50a: XPilates (DAWN) 8:00-9:00a: Spin (Monica J) *8:00-9:00a: Flow Yoga (KIM) 8:05-9:05a: RIP (Mary) 9:15-10:15a: Zumba* (Monica J) 10:30-11:30a: Gentle Flow (KIM)	8:00-9:15a Spin* (Matt) 8:35-9:30a: Pump It Up (Maura) 9:35-10:30a: SuperStep (Maura) 10:35-12:00p: YinYoga (Maura)
9	10	11	12	13	14	15
10-11:15a: Spin (Matt) 1:00 - 2:00p: RIP (DENISE) *2-3:00p: Slow Flow (Kim)	7:05-7:55a: FloorFlo (Maura) 8:05-9:05a: RIP (Mary) 8:30-9:30a: Spin Pump (MATT) *9:05-10:00a: Chair Yoga (Kim) 9:10-10:10a: Zumba* (Monica J) *10:15-11:45a: SloYinFiz (Kim) 5:45-6:45p: Zumba* (Michelle) 6:45-7:15p: Core 30 (Michelle)	7:10-7:30a: Meditation (Maura) 7:30-9a: Yoga as Medicine (Maura) 8:30-9:30a: Spin Pump (Rod) 9:15-10:15: Mat Fusion (Lauren) *9:15-10:15a: Line Dancing (Ivy) 10:30-11:30a: CardioPump (Heather) *10:30-11:45a: Power Yoga (Javier) *5:45-6:45p: Yin to Restore (Kim) 5:45-6:45p: Butts & Guts (Debra)	7:05-8:00a: Fit Flow (Maura) 8:15-9:15a: H.I.C.T. (Monica) *8:15-9:15a: AM Stretch (Kim) 9:00-10:00a: Spin* (Heather) *9:30-10:30p: Zumba* (Christina) 9:30-10:30a: RIP (Mary) *10:30-11:45a: Hot Yoga (Javier) *5:30-6:25p: Zumba* (Paula S) 5:45-6:30p: Step Class (Debra) *6:35-7:05p: Core 30 (Paula S)	*7:30-9:00a: Gentle Yoga (Kim) 8:30-9:30a: Spin Pump (Rod) 9:00-10:00a: CardioPump (Mary) *9:30-10:45a: Ashtanga (Javi) 10:05-11:05a: Mat Fusion (Lauren) 11:15-12:15: Line Dancing (Ivy) 5:45-6:45p: Pump It Up (Debra) 6:45-7:15p: Core 30 (Debra)	7:00-7:50a: Mat Fusion (Lauren) 8:00-9:00a: Spin (Monica J) *8:00-9:00a: Buti* (Lauren J) 8:05-9:05a: RIP (Mary) 9:15-10:15a: Zumba* (Monica J) 10:30-11:30a: Gentle Flo (KIM)	8:00-9:15a Spin* (Matt) 8:35-9:30a: Pump It Up (Maura) 9:35-10:30a: SuperStep (Maura) 10:35-12:00p: YinYoga (Maura)
16	17	18	19	20	21	22
10-11:15a: Spin (Matt) 1:00 - 2:00p: RIP (Michelle) *2-3:00p: Slow Flow (Kim)	7:05-7:55a: FloorFlo (Maura) 8:05-9:05a: RIP (MONICA) 8:30-9:30a: Spin Pump (MATT) *9:05-10:00a: Chair Yoga (Kim) 9:10-10:10a: Zumba* (Monica J) *10:15-11:45a: SloYinFiz (Kim) 5:45-6:45p: Zumba* (Michelle) 6:45-7:15p: Core 30 (Michelle)	7:10-7:30a: Meditation (Maura) 7:30-9a: Yoga as Medicine (Maura) 8:30-9:30a: Spin Pump (Rod) 9:15-10:15: Mat Fusion (Lauren) *9:15-10:15a: Line Dancing (Ivy) 10:30-11:30a: CardioPump (Heather) *10:30-11:45a: Power Yoga (Javier) *5:45-6:45p: Yin to Restore (Kim) 5:45-6:45p: Butts & Guts (Debra)	7:05-8:00a: Fit Flow (Maura) 8:15-9:15a: H.I.C.T. (Monica) *8:15-9:15a: AM Stretch (Kim) 9:00-10:00a: Spin* (Heather) *9:30-10:30p: Zumba* (Christina) 9:30-10:30a: RIP (MONICA) *10:30-11:45a: Hot Yoga (Javier) *5:30-6:25p: Zumba* (Paula S) 5:45-6:30p: Step Class (Debra) *6:35-7:05p: Core 30 (Paula S)	No Gentle Yoga today. 8:30-9:30a: Spin Pump (Rod) 9:00-10:00a: CardioPump (MONICA) *9:30-10:45a: Ashtanga (Javi) 10:05-11:05a: Mat Fusion (Lauren) 11:15-12:15: Line Dancing (Ivy) 5:45-6:45p: Pump It Up (DebC) 6:45-7:15p: Core 30 (DebC)	7:00-7:50a: Mat Fusion (Lauren) 8:00-9:00a: Spin (Monica J) *8:00-9:00a: Buti* (Lauren J) 8:05-9:05a: RIP (BOBBI) 9:15-10:15a: Zumba* (Monica J) 10:30-11:30a: Gentle Flow (Wendy)	8:00-9:15a Spin* (Matt) 8:35-9:30a: Pump It Up (Maura) 9:35-10:30a: SuperStep (Maura) 10:35-12:00p: YinYoga (Maura)
23	24	25	26	27	28	29
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30	31	1	December is Bring A Friend To Class Month! Throughout the month of the December, members can invite a friend to receive a free week of AF group fitness classes. See front desk for details. SPECIAL HOLIDAY HOURS and CLASS TIMES Please make note of special holiday class times, substitute teachers, and modifications to the schedule now through New Years day. NOTE: An asterisk (*) in front of a classes' start-time indicates the class is held in the 'stretch gym'. All spin classes are held in the spin room. All other AF Group Fitness classes (indicated on this schedule) are held in our main exercise room and included with your basic gym membership.			
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