



# December Fitness Schedule

## Monday

9:30 to 10:15 a.m. Cardio Pilates w/ Monica  
10:25 to 11:25 a.m. Zumba w/ Monica  
6 to 7 p.m. Zumba w/ Jennifer

## Tuesday

8:45 to 9:30 a.m. Strength & Conditioning w/ Raychel  
9:35 to 10:35 a.m. Yoga w/ Raychel  
10:45 to 11:45 a.m. Zumba w/ Monica  
6 to 6:45 p.m. TRX/Bootcamp w/ Raychel  
7 to 8 p.m. Bombay Jam w/ Amit

## Wednesday

8:45 to 9:45 a.m. Strong Nation w/ Grace  
6 to 7 p.m. Zumba w/ Jennifer  
7:10 to 8:10 p.m. Bootcamp with Melisa

## Thursday

8:45 to 9:30 a.m. Strength & Conditioning w/ Raychel  
9:35 to 10:35 a.m. Yoga w/ Raychel  
10:45 to 11:45 a.m. Zumba w/ Huichen  
6 to 6:45 p.m. TRX/Bootcamp w/ Raychel  
7 to 8 p.m. Yoga w/Rojin

## Friday

8:45 to 9:45 a.m. Full Body Strength and HIIT w/Aboli  
10 to 11 a.m. Zumba w/ Huichen  
6 to 7 p.m. Bombay Jam w/Amit

## Saturday

9:15 to 10:15 a.m. Zumba w/ Huichen  
10:30 to 11:30 a.m. Bombay Jam w/ Anagha

## Sunday

9 to 10 a.m. Bombay Jam w/ Sonia  
10:15 - 11:15 a.m. Vinyasa Yoga w/ Jahara

- **Everyone must bring their own mat. All classes need a mat except Zumba.**

- Face coverings are encouraged.

- Members can register for classes 24 hours in advance. Reservations can be made by calling the Sports Center. You must call and cancel if you can not make it. After three cancellations or no shows you will not be able to reserve a spot for 30 days.
- A maximum of 25 people per class and 16 for TRX.
- No one will be admitted five minutes after the class has started.
- Child care is not available.
- Classes are open to those 13 and older.

