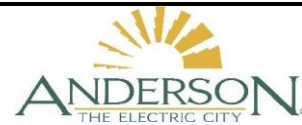


Anderson Recreation Center Fitness Schedule for December 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 4th & 18th CX WORX 11th Jennifer	Step Jennifer NO CLASS 12/26	Jennifer	Power Flow Jennifer	9:15 AM Cardio Bootcamp Sara 1st
8:30 AM	Fit & Flex II Courtney	Cardio Core Sara	Fit & Flex II Jennifer NO CLASS 12/26	Yoga I Sara	Fit & Flex II Sara Courtney 7th & 14th	Pam 8th
9:00 AM	30Fit Katie		30Fit Katie NO CLASS 12/26		Yoga I Kate Sara 7th & 14th	Erin 15th
9:30 AM	Line Dancing Sue 2 hours			Line Dancing Sue 2 hours	Tai Ji (Beginner) Charline	Erin 22nd
9:45 AM	Katie	Yoga I Sara	Katie NO CLASS 12/26	Yoga I Sara		Cardio Bootcamp Sara 29th
10:00 AM			Chair Yoga Kate Sara 12th NO CLASS 12/26		Chair Yoga Kate Sara 7th & 14th	
11:00 AM	Fit & Flex II Courtney	Fit & Flex I Aliza	Fit & Flex II Courtney NO CLASS 12/26	Fit & Flex I Aliza	Fit & Flex II Aliza	Sunday 4:00 PM
11:30AM				Kate (30 minutes) Kelley 13th		YOGA Sara 2nd Laura 9th Sara 16th Laura 23rd Lina 30th
12:15 PM	20/20 Jennifer	Kelley 4th & 11th Jennifer 18th	Kate Jennifer 12th NO CLASS 12/26	Kate Sub 13th	Pam 7th & 21st Jennifer 14th & 28th	
	Chair Yoga Sara				Warm Yoga Sara	The facility will be closed on Monday December 24th & 25th for Christmas. We will reopen at 8am December 26th. NO CLASSES on 12/26. The facility will close at 5pm December 31st.
4:30 PM	Barre Sculpt Beth NO CLASS 12/31		Cardio Bootcamp Beth 5th & 19th Rachel 12th NO CLASS 12/26		Yoga II Sara	
4:45 PM		Kate Courtney 11th		Kelley Jennifer 20th		
5:30 PM	Yoga II Mellonee 3rd Laura 10th & 17th NO CLASS 12/31	Katie	Kelley Jennifer 12th Pam 19th NO CLASS 12/26	Katie		
	Rachel NO CLASS 12/31	Kate (30 minutes) Rachel 11th	Yoga II Mellonee Sara 19th NO CLASS 12/26	Rachel		HOURS OF OPERATION Mon -Thurs. 5:30am - 9:30pm Friday 5:30am - 8:00pm Saturday 8:00am - 4:00pm Sunday 2:00pm - 6:00pm
6:00 PM		Yogilates Laura				
6:30 PM	Kelley NO CLASS 12/31	Aliza	Dance Party Megan Olivia 5th NO CLASS 12/26	Cardio Bootcamp Sara		
6:45 PM	Line Dancing Sue 2 hours NO CLASS 10, 17, 31					