

December 2022 - Group Fitness

Classes with an * are available via zoom. To attend in-studio please sign in through MINDBODY online. Limited to 8 clients in-studio.

Zoom Meeting ID: 535 554 1261 Password: fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:30a Strength* 8:30a Strength 5:30p Strength	2 8:30a Functional Flexibility* 1:30p Pietra	3 10:15a Core Conditioning
4 3:30p Pietra	5 5:45p Pietra	6 7:30a Strength* 8:30a Strength 5:30p Strength	7 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	8 7:30a Strength* 8:30a Strength 5:30p Strength	9 8:30a Functional Flexibility* 1:30p Pietra	10 10:15a Core Conditioning
11 3:30p Pietra	12 5:45p Pietra	13 7:30a Strength* 8:30a Strength 5:30p Strength	14 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	15 7:30a Strength* 8:30a Strength 5:30p Strength	16 8:30a Functional Flexibility* 1:30p Pietra	17 10:15a Core Conditioning
18 3:30p Pietra	19 5:45p Pietra	20 7:30a Strength* 8:30a Strength 5:30p Strength	21 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	22 7:30a Strength* 8:30a Strength 5:30p Strength	23 8:30a Functional Flexibility* 1:30p Pietra	24
25 Merry Christmas!	26 5:45p Pietra	27 7:30a Strength* 8:30a Strength 5:30p Strength	28 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	29 7:30a Strength* 8:30a Strength 5:30p Strength	30 8:30a Functional Flexibility* 1:30p Pietra	30 10:15a Core Conditioning