



# MODIFIED HOLIDAY

## Group Exercise Schedule



### Tuesday December 24th



8:30 - 9:30am Zumba Dance Party with Stacy  
9:45 - 11:00am Strength and Stretch with Patty  
12:15 - 1:15pm Cycling with Rachel

**NO EVENING CLASSES**

**Christmas Day - Club Closed**



### Thursday December 26th



8:30 - 9:30am Step with Stacy  
9:45 - 11:00am Strength & Stretch with Patty  
12:15-1:15pm Cycling with Rachel Young  
4:00-5:15pm Gentle Yoga with Liz  
5:30-6:25pm Zumba with Stacy  
6:30-7:30pm Beets n Feets with Stacy



### Tuesday December 31st



8:30 - 9:30am Foam Rolling & Pilates with Ann  
9:45 - 11:00am Strength and Stretch with Patty  
12:15 - 1:15pm Cycling with Rachel

**NO EVENING CLASSES**



**New Year's Day - Club Closed**

