



# Adult Fitness Sneak Peek Schedule-December 3 to 8

Monday	Tuesday	Wednesday	Thursday	Saturday
Vinyasa Yoga Gym 10:00-11:00am	Tabata Gym 9:15-10:15am	Zumba Gym 9:00-10:00am		Cardio Tennis Gym 9:00-10:00am
	50+ Yoga Banquet Room A 11:30-12:30pm		Gentle Stretch Banquet Room A 12:00-1:00pm	Zumba Studio 9:00-10:00am
	Barre Class Gym 12:30-1:45pm			
Zumba Gym 6:00-7:00pm			Zumba Gym 6:00-7:00pm	
Barre Studio 7:45-9:00pm	Hatha Flow Yoga Banquet AC 7:15pm-8:30pm	Power Yoga Banquet AC 7:00pm-8:15pm		
Fit Happens Gym 8:00-9:00pm		Muscle Conditioning Studio 8:00-9:00pm	Triple Threat Studio 8:15-9:15pm	
Karate Banquet Room AC 8:00-9:00pm				