

GROUP EXERCISE SCHEDULE DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 6:10 Cycle—Beth 9am Arthritis Debbie 10am-Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba -Lisa 5:15pm Cycle-Marcia	2 9am-Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	3 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	4 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 5:15pm Cycle Marcia	5 6:10 Cycle—Beth 9am—Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm Zumba-Amanda	6 10am Zumba– Cynthia
7 	8 6:10 Cycle—Beth 9am Arthritis Debbie 10am-Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Cycle-Marcia	9 9am-Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers –Valerie 5:30pm Zumba-Cynthia	10 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	11 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 5:15pm Cycle Marcia	12 6:10 Cycle—Beth 9am—Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm Zumba-Amanda	13 10am Zumba- Cynthia
14	15 6:10 am—Cycle-Beth 9am Arthritis Debbie 10am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba -Lisa 5:15pm Cycle-Marcia	16 9am Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	17 6:10 am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm Pound-Sandra	18 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	19 6:10am Cycle– Beth 9am –Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am-Aqua Zumba--Lisa 12pm Zumba– Amanda	20 10am Zumba-Cynthia
21	22 6:10 Cycle—Beth 9am Arthritis Debbie 10am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Cycle-Marcia	23 9am Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers– Valerie 5:30pm Zumba-Cynthia	24 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm-No Class CLOSING AT 4:30PM	25 	26 NO CLASSES CLOSING AT 6:30PM	27 10am Zumba-Cynthia
28	29 6:10 Cycle—Beth 9am Arthritis Debbie 11am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair -Lisa 5:15pm Cycle-Marcia	30 9am Yoga-Annette 10am NO CLASS 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	31 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm—No Class CLOSING AT 6:30PM			