

December 2018

Group Exercise Class Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45AM Indoor Cycle Kelly			6:00-6:45 Indoor Cycle Kelly		Closed
11:30a - 12:15p Beginning Fitness Geno	11:30-12:15 Chair - Balance, Flexibility & Strengthening	11:30a - 12:15p Beginning Fitness Geno	11:30p- 12:15p Chair - Balance, Flexibility & Strengthening	11:30a - 12:15p Tai Chi Susan		
12:25-12:55 Abs and Core Geno	12:20-12:50 Silver Cycle Geno	12:15-1:00 Tai Chi Susan	12:25-12:55 Silver Cycle Geno	12:15-1:00 Beginning Fitness Sabrina		
Afternoon						
	4:15-5:10 Beg. Fitness Camp Geno		5:20-5:30 Zumba Demo		M-F: 6:00a-8:00p Sat: 8:00a-1:00p	 <p>(530) 666-9623</p>
5:15-6:00 Indoor Cycle Geno	5:20-5:30 Zumba Demo	5:15-6:00 Indoor Cycle Geno	5:30-6:20 Zumba Vanessa	5:00-5:50 Zumba Vanessa		
6:10-7:00 Fitness Camp Geno	5:30-6:20 Zumba Vanessa	6:10-7:00 Fitness Camp Geno	6:30-7:45 Yoga Jennifer Hogan			
7:05-7:55 Cardio Cool Down Geno	6:30-7:45 Yoga Jennifer	7:05-7:55 Cardio Cool Down Geno				

Are you a new member? Don't forget to sign up for your two free "Start up" Personal Training sessions. Sign up at the front desk

Holiday Hours: Christmas Eve: 6:AM- 1:00PM, Christmas Day: Closed, Dec. 26th 8:00AM-8PM

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