



## December Church Street Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga/Pilates</b> 6:00-7:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Dance</b> 8:30-9:30 AM Katherine R. Studio A	<b>Y-Cycle</b> 5:45-6:30 AM Donna Auditorium	<b>Bootcamp</b> 5:45-6:45 AM Donna Inside/Outside	<b>Y-Cycle</b> 5:45-6:30 AM Beth Auditorium	<b>Y-Cycle</b> 8:00-8:45 PM Caroline /Shira Auditorium	<b>Flow Yoga</b> 9:00-10:00 AM Laura Studio A
<b>Balance Strength &amp; Flexibility</b> 7:00-8:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Aqua Fit</b> 9:30-10:15 AM Louise Small Pool	<b>Yoga/Pilates</b> 6:00-7:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Dance</b> 8:30-9:30 AM Katherine R. Studio A	<b>Yoga/Pilates</b> 6:00-7:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Strength 101</b> 8:45-9:15am Caroline /Shira Auditorium	<b>Bolly X</b> 10:00-10:50 AM Heather/Kim Auditorium
<b>Aqua Fit</b> 8:15-9:00 AM Katheryn H. Big Pool	<b>Y-Cycle</b> 9:30-10:15 AM Lauren Auditorium	<b>Balance Strength &amp; Flexibility</b> 7:00-8:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Aqua Fit</b> 9:30-10:15 AM Louise Small Pool	<b>Balance Strength &amp; Flexibility</b> 7:00-8:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Cardio Sculpt</b> 9:00-10:00 AM Lisa Studio A	<b>Intervals Strength Cardio</b> Olga 10:30-11:30 am Studio A
<b>Muscle &amp; Stretch</b> 9:00-10:00 AM Heide Studio A	<b>Barre in Motion</b> 10:00-11:00 AM Jessica Studio A <b>*Hybrid</b>	<b>Aqua Fit</b> 8:15-9:00 AM Katheryn H. Big Pool	<b>Y-Cycle</b> 9:30-10:15 AM Lauren Auditorium	<b>Aqua Fit</b> 8:15-9:00 AM Katheryn H. Big Pool	<b>Zumba</b> 9:30-10:30 AM Edith Audit. <b>*Hybrid</b>	<b>Y-Cycle</b> 11:15-12:00 PM Caroline V. Auditorium
<b>Y-Cycle</b> 9:30-10:15AM Caroline W. Auditorium	<b>Have A Ball</b> 10:30-11:30 AM Lauren Auditorium	<b>Total Body HIIT</b> 8:30-9:15 AM Nicole Auditorium	<b>Have A Ball</b> 10:30-11:30 AM Lauren Auditorium	<b>Bootcamp &amp; Stretch</b> 9:00-10:00 AM Heide Studio A	<b>Flow Yoga</b> 10:40-11:40 A Laura Studio A	
<b>Keeping Fit</b> 10-10:50AM Michelle Gym <b>*Hybrid</b>	<b>Flow Yoga</b> 5:00-6:00 PM Michelle Studio A	<b>Y-Cycle</b> 9:30-10:15AM Katie B. Auditorium	<b>Power Flow Yoga</b> 5:00-5:50 PM Rui Studio A	<b>Y-Cycle</b> 9:30-10:15 AM Caroline W. Auditorium		
<b>Pilates</b> 11:00-12:00PM Tracy Aud. <b>*Hybrid</b>	<b>Intervals</b> 6:15-7:15 PM Heather Studio A	<b>Keeping Fit</b> 10-10:50AM Michelle Gym. <b>*Hybrid</b>	<b>Zumba</b> 6:00-7:00 PM Jon Studio A	<b>Keeping Fit</b> 10-10:50AM Michelle Gym <b>*Hybrid</b>		
<b>Cardio Sculpt</b> 5:30-6:30PM Caroline V. Studio A	<b>Y-Cycle</b> 6:00-6:50 PM Clarence Auditorium	<b>ZUMBA</b> 10:00-11 AM Jing Studio A	<b>Y-Cycle</b> 6:00-6:45 PM Katie Auditorium	<b>Dance Fit</b> 10:30-11:30 AM Louise Studio A		
<b>Y-Cycle</b> 6:00-6:45 PM Sarah Auditorium	<b>Muscle Cond</b> 7:00-8:00 PM Rosella Auditorium	<b>Pilates</b> 11:00-12: PM Tracy Aud. <b>*Hybrid</b>	<b>Muscle Cond</b> 7:00-8:00 PM Rosella Auditorium	<b>Pilates</b> 11:00-12:00 PM Jessica Aud. <b>*Hybrid</b>		
<b>Zumba</b> 7:00-8:00 PM Lin Auditorium		<b>Zumba</b> 6:00-7:00PM Edith Aud. <b>*Hybrid</b>		<b>Flow Yoga</b> 5:30-6:30 PM Caroline W. Studio A		
				<b>ZUMBA Party!</b> 6:00-7:00am Jon Auditorium		

*\*Schedule is subject to change. Please check the online schedule for real time updates and subs.*