

# Group Fitness Holiday Schedule 2022

**MONDAY**  
12/19/2022

9:00-9:45am  
Hydro Fitness  
Andrea

**TUESDAY**  
12/20/2022

8:25-8:55am  
Core & More  
Allison  
9:00-9:55am  
Yoga  
Allison  
9:00-9:45am  
Hydro Fitness  
Andrea  
4:30-5:15pm  
Core & More  
Andrea

**WEDNESDAY**  
12/21/2022

9:00-9:45am  
Hydro Fitness  
Andrea  
10:00-10:45am  
TRX\*  
Andrea

**THURSDAY 1**  
2/22/2022

8:25-8:55am  
Core & More  
Allison  
9:00-9:55am  
Yoga  
Allison  
4:30-5:15pm  
Core & More  
Andrea

**FRIDAY**  
12/23/2022

9:00-9:45am  
Gentle Yoga  
Allison  
9:00-9:55am  
Revolution  
Andrea  
10:15-11:00am  
TRX\*  
Andrea

**December**  
19<sup>th</sup> - 31<sup>st</sup>

**SATURDAY**  
12/24/2022

Facility hours:  
7:00am-1:00pm  
**NO CLASSES**

**TUESDAY**  
12/27/2022

8:25-8:55am  
Core & More  
Allison  
9:00-9:55am  
Yoga  
Allison  
9:00-9:55am  
Group Cycling  
Hawn  
9:00-9:45am  
Hydro Fitness  
Andrea  
10:05-11:00am  
Pilates fusion  
Hawn  
4:30-5:15pm  
Core & More  
Andrea

**THURSDAY**  
12/29/2022

8:25-8:55am  
Core & More  
Allison  
9:00-9:55am  
Yoga  
Allison  
9:00-9:45am  
Hydro Fitness  
Hawn  
10:05-11:00am  
Rip  
Hawn  
4:30-5:15pm  
Core & More  
Andrea

**FRIDAY**  
12/30/2022

9:00-9:45am  
Gentle Yoga  
Allison  
9:00-9:55am  
Revolution  
Andrea  
10:15-11:00am  
TRX\*  
Andrea

**MONDAY**  
12/26/2022

9:00-9:45am  
Hydro Fitness  
Andrea  
9:00-9:50am  
Intervals  
Hawn  
10:00-10:55am  
Rip  
Hawn

**WEDNESDAY**  
12/28/2022

9:00-9:45am  
Hydro Fitness  
Andrea  
10:00-10:45am  
TRX\*  
Andrea

**SATURDAY**  
12/31/2022

Facility hours:  
7:00am-1:00pm  
**NO CLASSES**