

December Fitness Class Schedule

Studios Phone: 935-6752
TF Fit Ctr Phone: 935-6740

Hrs: M-Sat 8am-noon; 3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified
Guests may not use discounted package

	Studio #1	Studio #2	Studio #3			
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Indoor Pool)	Hydro Challenge w/ Janet (Indoor Pool)	Hydro Challenge w/ Sue (Indoor Pool)			
	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	
			Stillness in Motion w/ Charlie			
9:00					Aqua Zumba w/ Helen (Indoor Pool)	
	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Core Combo Yoga w/ Becca	Yin Yoga w/ Laine	Zumba w/ Helen	Yin Yoga w/ Laine		Zumba w/ Helen
	Spin Bikes Available in Studio #3					
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
	Spin Bikes Available in Studio #3					
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	
	#2 Not available 11-4	Country Fitness w/Cortney	#2 Not available 11-2	#2 Not available 11-4		
	Spin Bikes Available in Studio #3					
3:00	Unwind Body and Mind w/ Laine		Yin Yoga w/ Laine		Studios are closed for the Christmas holiday on Dec. 24, 25 and 26. Also closed for New Year on Dec. 31 and Jan. 1. Happy New Year!	
4:00						

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/