



December Group Fitness Schedule

Group Class	Day	Time	Instructor
Barre Fusion	Monday	10:15-11:00am	Shafer Adelaide
Yoga Flow	Monday	5:00-6:00pm	Virginia Wallace
Boxing + Core	Monday	6:15-7:00pm	Shafer Adelaide

GROUP CLASS			
Zumba	Tuesday	10:30-11:15am	Gwen Dhing
Spin	Tuesday	10:45-11:30am	Shannon Stapleton
Row Fit	Tuesday	11:45-12:15pm	Shannon Stapleton

GROUP CLASS			
Yogalates	Wednesday	8:15-9:00am	Shafer Adelaide
Zumba	Wednesday	10:00-10:45am	Gwen Dhing
Pilates	Wednesday	11:00am-12:00pm	Jennah Starr
Strength	Wednesday	5:30-6:30pm	Shafer Adelaide

GROUP CLASS			
Sweat and Stretch	Thursday	11:00-11:45am	Tiffany Stephenson
Pilates for Every Body	Thursday	12:00-1:00pm	Brooke Handy
Spin Bootcamp	Thursday	5:30-6:30pm	Jessica Welch

GROUP CLASS			
Spin	Friday	10:00-10:45am	Shannon Stapleton
Row Fit	Friday	11:00-11:30am	Shannon Stapleton
Pilates Sculpt	Friday	12:00-1:00pm	Shafer Adelaide

GROUP CLASS			
Power Pilates	Saturday	9:00-10:00am	Shafer Adelaide

December Pop-Ups			
Cardio Kick	Saturday Dec 7	10:30-11:15am	Shafer Adelaide
Aqualates	Saturday Dec 14	10:30-11:15am	Shafer Adelaide
Christmas Zumba	Friday Dec 20	5:30-6:30pm *\$12*	Gwen Dhing
Step + Sculpt	Saturday Dec 21	10:30-11:15am	Jess Welch
Spin + Row	Saturday Dec 28	10:00-11:00am	Shannon Stapleton



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