



December

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20-6:00am	Stretch	HIIT it Tuesday	Pumped	All About Those Hills	PiYo®	*Saturday fitness classes will resume in January. December 17th 8:00-9:30am Santa's Circuit Village Join us in Santa's Circuit and try 10 minutes each of cycling, PiYo, Zumba, Turbo & Pumped! Please bring a donation of non-perishable food item, winter hat and or gloves. Member = No Charge Non Member = Daily Admission
7:50-8:35am	Silver Splash®	Total Body Aqua	Blazin Bouy's	Total Body Aqua	Silver Splash®	
8:45-9:25am	Deep Waves	W-Wow	Deep Waves	W-Wow	Deep Waves	
10:00-10:45am	Silver Sneakers Classic®		Silver Sneakers Circuit®		2nd Intro to PiYo 9th Stick to the Beat 16th Zumba Gold® 23rd Stick to the Beat 30th Chair Fit & Yoga	
12:15-12:45pm	Cycle & Strength	PiYo live®	Step	Pumped	Axis	
5:30-6:15pm	PiYo live®	Zumba®	Urban Funk Cycle	Turbo Kick Live®	Strong 5:30-6:00pm	
6:20-7:00pm	Aqua Pumped	Pumped	W-Wow	Aqua Jog		
6:30-7:00pm	Kickin'Asphalt INDOOR!					

Upcoming Challenge
 January & February 2017
 Fit IT In!
 Start thinking about your New Year's Resolution!
 (see front desk for details)

KID Friendly Classes! 1st grade & up welcome in **ALL** classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.

Center Hours:
Mon-Fri 5am-9pm **Sat** 7am-7pm **Sun** 1pm-5pm
 800 South Park Lane - 641-828-0580
 Christmas Eve (24th) 7am-3pm
 Christmas Day (25th) Closed
 New Years Eve (31st) 7am-3pm