



DECEMBER 2019 FITNESS SCHEDULE

SUNDAY

9:00 A.M.
*FLOW YOGA
Wendy

MONDAY

7:00 A.M.
TRX
Svetlana

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
TAI CHI
Kimmy

5:00 P.M.
RESTORATIVE YOGA
Lindsey

TUESDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Marisa

WEDNESDAY

7:00 A.M.
CIRCUIT
Abby

8:15 A.M.
SPIN
Abby

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
PILATES
Marisa

5:00 P.M.
RESTORATIVE YOGA
Sally

**PLEASE NOTE:
THERE WILL BE
NO CLASSES ON
CHRISTMAS DAY**

THURSDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Jaclyn

10:35 A.M.
WERQ! DANCE
FITNESS
Kirsten

FRIDAY

7:00 A.M.
CIRCUIT
Marisa

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

SATURDAY

8:00 A.M.
SPIN
Marisa

9:00 A.M.
STRETCH 101
Lisa

9:15 A.M.
SPIN(45 min)
Marisa

9:15 A.M.
*AERIAL YOGA
Carolyn

9:30 A.M.
PILATES
Lisa

**POP UP FITNESS
WINTER SOLSTICE YOGA
DEC. 21st AT 10:00 A.M.
NICKLAUS FITNESS
CENTER
Wendy**

**POP UP FITNESS
POLAR BEAR PLUNGE
DEC. 28th AT 9:00 A.M.
THE RANCH CLUBHOUSE**

*Classes are held at the Nicklaus Fitness Center & are for Full Members and their guests.