



# DECEMBER 2021 FITNESS SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 A.M.  
SPIN  
Svetlana

8:30 A.M.  
HITT 30 MIN  
CARDIO  
Garrett/Marisa

8:00 A.M.  
SPIN  
Kathryn

8:30 A.M.  
HITT 30 MIN  
CARDIO  
Garrett/Marisa

8:00 A.M.  
SPIN  
Lisa

8:30 A.M.  
HITT 30 MIN  
CARDIO  
Marisa

9:00 A.M.  
STRENGTH & SKI  
CONDITIONING  
Riley

9:00 A.M.  
VINYASA YOGA  
Tami

9:00 A.M.  
VIRTUAL WERQ!  
Kirsten

9:00 A.M.  
VINYASA YOGA  
Tami

9:00 A.M.  
VINYASA YOGA  
Tami

9:15 A.M.  
SCULPT & TONE  
Jaclyn

9:15 A.M.  
SCULPT & TONE  
Tiffany

9:15 A.M.  
PAIN FREE  
POSTURE PILATES  
Lisa

10:30 A.M.  
\*\*TRX  
Garrett

10:30 A.M.  
\*\*TRX  
Garrett

10:30 A.M.  
\*\*ARIEL YOGA  
Lisa

4:00 P.M.  
RESTORATIVE  
YOGA  
Lindsey

\*All classes require reservations except for the Virtual Werq class.

\*\* Classes at the Nicklaus Fitness Studio are for FULL Members

\*\*\*No classes on Christmas Day, Saturday, December 25<sup>th</sup>