






FITNESS *Holiday Schedule*

DECEMBER 20 -23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
STRENGTH & CORE 9:15 - 10:15am With Kimberley <i>Dogwood Room</i>	STRETCH APPEAL 9:15 - 10:15am With Kimberley <i>Dogwood Room</i>	GENTLE SPIN 9:15 - 10:00am With Kimberley <i>Poolside Room</i>	SENSIBLE STRENGTH 9:15 - 10:15am With Kimberley <i>Dogwood Room</i>
SENIORS WELLNESS 10:30 - 11:30am With Kimberley <i>Dogwood Room</i>		SENIORS WELLNESS 10:30 - 11:30am With Kimberley <i>Dogwood Room</i>	
LUNCH TIME YOGA 12:15 - 12:45pm With Kimberley <i>Elm Room</i>		POWER CIRCUIT 12: 15 - 12:45pm With Kimberley <i>Dogwood Room</i>	CHAIR YOGA 1:30 - 2:30pm With Kimberley <i>Elm Room</i>
SPIN 4:30 - 5:15pm With Darlana <i>Poolside Room</i>		PILATES 5:30 - 6:15pm With Bristol <i>Elm Room</i>	SPIN 4:30 - 5:15pm With Darlana <i>Poolside Room</i>

