

DECEMBER

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
1 9:00am - FIT & SPIN Damaris 9am HIIT Jen	2 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	3 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	4 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00p SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	5 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	6 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	7 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Christin (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
8 9:00am - FIT & SPIN Elise 9am HIIT Val	9 6:00am HIIT "T" 7:30am - Power Barre Val 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	10 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	11 6:00am - Bootcamp Mike 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00p SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	12 6:00am - S,C,F with TRX Mike L (45 min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Video Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	13 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	14 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Val (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
15 9:00am - FIT & SPIN Jen 9am HIIT Elise	16 6:00am HIIT "T" 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	17 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	18 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	19 6:00am - S,C,F with TRX Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	20 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	21 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Val (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
22 9:00am - FIT & SPIN Elise 9am HIIT Damaris	23 6:00am FIT & SPIN Mike L 7:30am - Power Barre Val 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	Christmas Eve 7am-Noon *No Kid's Club* 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine	25 CHRISTMAS DAY CLUB CLOSED HAPPY HOLIDAYS!	26 6am NO CLASS 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Kelly 9:30am -10:15 Video Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	27 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Bike & Bubbles Christine	28 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Val (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
29 9:00am - FIT & SPIN Damaris 9am HIIT Val	30 6:00am FIT & SPIN Jen 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	31 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) NEW YEAR'S EVE CLUB CLOSES AT 5PM			*WEATHER POLICY QUEEN ANNES COUNTY SCHOOL DELAYS & CLOSINGS *AM CLASSES BEFORE 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR AQUA CLASSES REMAIN ON TIME	

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