

# GROUP EXERCISE SCHEDULE

## DECEMBER 2025



|         | MONDAY                                                 | TUESDAY                                              | WEDNESDAY                                              | THURSDAY                                             | FRIDAY                                                                             | SATURDAY                                                                                                                                                                                                                                                | SUNDAY                            |
|---------|--------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| 5:15am  | BIKING<br>(Veronica)<br>5:15-6:00am                    | KETTLEBELL<br>(Angela)<br>5:15-6:00am                | BIKING<br>(Veronica)<br>5:15-6:00am                    | KETTLEBELL<br>(Angela)<br>5:15-6:00am                | BIKING<br>(Angela)<br>5:15-6:00am                                                  |                                                                                                                                                                                                                                                         |                                   |
| 8:30am  | ZUMBA-TONING<br>(Susy)<br>8:30-9:15am                  | ZUMBABASIC<br>(Susy)<br>8:30-9:15am                  | ZUMBASENTAO<br>(Susy)<br>8:30-9:15am                   | ZUMBABASIC<br>(Susy)<br>8:30-9:15am                  | ZUMBA-TONING<br>(Susy)<br>8:30-9:15am                                              | BIKING<br>(instructor)<br>8:30-9:30am                                                                                                                                                                                                                   |                                   |
|         | BIKING<br>(Rosalinda)<br>8:30-9:15am                   | STRONG<br>(Rosalinda)<br>8:30-9:15am                 | BIKING<br>(Rosalinda)<br>8:30-9:15am                   | STRONG<br>(Rosalinda)<br>8:30-9:15am                 | BIKING<br>(Sabrina)<br>8:30-9:15am                                                 |                                                                                                                                                                                                                                                         |                                   |
|         |                                                        | BIKING<br>LES MILLS RPM<br>(Virtual)<br>8:30-9:15am  |                                                        | BIKING<br>LES MILLS RPM<br>(Virtual)<br>8:30-9:15am  |                                                                                    | BODYPUMP<br>(Stasha/Jean)<br>9:30-10:30am                                                                                                                                                                                                               |                                   |
| 9:00am  | LES MILLS CORE<br>(Jenna)<br>9:15-9:45am               |                                                      |                                                        |                                                      | LES MILLS CORE<br>(Jenna)<br>9:15-9:45am                                           | MEDITATION<br>(Elizabeth)<br>9:00-9:30am                                                                                                                                                                                                                |                                   |
| 9:30am  | SILVERSNEAKERS<br>CARDIOFIT<br>(Laura)<br>9:30-10:30am | BODYPUMP<br>(Rosalinda)<br>9:35-10:35am              | SILVERSNEAKERS<br>CARDIOFIT<br>(Laura)<br>9:30-10:30am | BODYPUMP<br>(Rosalinda)<br>9:35-10:35am              | SILVERSNEAKERS<br>MSROM<br>9:30-10:00am<br>CHAIR YOGA<br>10am-10:30am<br>(Gloria ) | YOGA<br>(Elizabeth)<br>9:30-10:30am                                                                                                                                                                                                                     |                                   |
| 10:00am | YOGA<br>(Jenna)<br>10:00-11:00am                       |                                                      | YOGA<br>(Rosalinda)<br>10:00-11:00am                   |                                                      | YOGA<br>(Jenna)<br>10:00-11:00am                                                   |                                                                                                                                                                                                                                                         |                                   |
| 12:10pm |                                                        | BIKING<br>LES MILLS RPM<br>(Virtual)<br>12:10-1:00pm |                                                        | BIKING<br>LES MILLS RPM<br>(Virtual)<br>12:10-1:00pm |                                                                                    |                                                                                                                                                                                                                                                         |                                   |
| 3:45pm  |                                                        |                                                      |                                                        |                                                      |                                                                                    |                                                                                                                                                                                                                                                         | ZUMBA<br>(Daphene)<br>3:45-4:30pm |
| 5:30pm  | BIKING<br>(SUB)<br>5:30-6:15pm                         | BIKING<br>(Sabrina)<br>5:30-6:15pm                   | BIKING<br>(Laura)<br>5:30-6:15pm                       | BIKING<br>(Sabrina/Angela)<br>5:30-6:15pm            |                                                                                    |                                                                                                                                                                                                                                                         |                                   |
|         | ZUMBA<br>(Keir)<br>5:30-6:15pm                         | BODYPUMP<br>(Veronica)<br>5:30-6:30pm                | ZUMBA<br>(Keir)<br>5:30-6:15pm                         | BODYPUMP<br>(Veronica)<br>5:30-6:30pm                |                                                                                    |                                                                                                                                                                                                                                                         |                                   |
|         | KETTLEBELL<br>(Erin)<br>5:30-6:15pm                    |                                                      |                                                        | YOGA<br>(Jenna)<br>5:30-6:30pm                       |                                                                                    |                                                                                                                                                                                                                                                         |                                   |
|         | ZUMBA KIDS<br>(Gloria)<br>5:30-6:15pm                  |                                                      | ZUMBA KIDS<br>(Gloria)<br>5:30-6:15pm                  |                                                      |                                                                                    | <div><div>Spin Room</div><div>Spin Room (Virtual Class)</div><div>Aerobics Room A</div><div>Aerobics Room B</div><div>Teen Room/Upstairs</div></div> <div>SAFETY PROCEDURES:<br/>Must wipe down all class<br/>equipment before and<br/>after use.</div> |                                   |
| 5:45pm  |                                                        | POUND KIDS<br>(Juana)<br>5:45-6:15pm                 |                                                        | POUND KIDS<br>(Juana)<br>5:45-6:15pm                 |                                                                                    |                                                                                                                                                                                                                                                         |                                   |
| 6:30pm  | BIKING<br>(Lupe)<br>6:30-7:15pm                        | ZUMBA<br>(Mayra)<br>6:35-7:15pm                      |                                                        | ZUMBA<br>(Daphene)<br>6:30-7:15pm                    |                                                                                    |                                                                                                                                                                                                                                                         |                                   |
|         |                                                        | BIKING<br>LES MILLS RPM<br>(Virtual)<br>6:30-7:15pm  | BIKING<br>LES MILLS RPM<br>(Virtual)<br>6:30-7:15pm    | BIKING<br>LES MILLS RPM<br>(Virtual)<br>6:30-7:15pm  |                                                                                    |                                                                                                                                                                                                                                                         |                                   |