

# Premium Group Fitness Classes (additional fees are required unless you have signed up for unlimited SPIN® & TRX)

## December 2013 (Recreation Center closed on December 24 & 25)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>SPIN®</b> 6:15 - 7:15 am Leah		<b>SPIN®</b> 6:15 - 7:15 am Alicia	<b>TRX</b> 6:15 - 7:15 am Leah	<b>SPIN®</b> 6:15 - 7:15 am Anne Marie	<b>TRX</b> 8:00 - 9:00 am Alternating Instructors
	<b>TRX</b> 9:30 - 10:30 am Carol				<b>TRX</b> 9:30 - 10:30 am Jennifer	<b>SPIN®</b> 8:00 - 9:00 am Sally
<b>SPIN®</b> 8:30 - 9:30 am Alternating Instructors	<b>SPIN®</b> 9:30 - 10:30 am Joyce	<b>SPIN®</b> 9:30 - 10:30 am Jennifer	<b>SPIN®</b> 9:30 - 10:30 am Liz	<b>SPIN®</b> 9:30 - 10:30 am Liz	<b>SPIN®</b> 9:30 - 10:30 am Larry	<b>SPIN®</b> 9:15 - 10:15 am Larry
	<b>Yoga</b> 9:30 - 10:30 am Melanie/Charter Oak 3	<b>Yoga</b> 8:00 - 9:00 am Melanie/Pine	<b>Yoga</b> 9:30 - 10:30 am Melanie/Charter Oak 3	<b>Yoga</b> 8:00 - 9:00 am Melanie/Pine	<b>Yoga</b> 8:00 - 9:00 am Melanie/Charter Oak 3	<b>Yoga</b> 9:15 - 10:30 am Melanie/Charter Oak 3
	<b>SPIN®</b> 5:30 - 6:30 pm Anne Marie	<b>Thai Kickboxing</b> 9:30 - 10:30 am Master Craigue	<b>SPIN®</b> 5:30 - 6:30 pm Eileen	<b>Thai Kickboxing</b> 9:30 - 10:30 am Master Craigue	<b>Thai Kickboxing</b> 9:30 - 10:30 am Master Craigue	
	<b>TRX</b> 6:00 - 7:00 pm Leah	<b>SPIN®</b> 6:30 - 7:30 pm Alicia	<b>Yoga</b> 6:30 - 7:30 pm Melanie/Charter Oak 3	<b>SPIN®</b> 6:30 - 7:30 pm Leah		