

# CENTER FITNESS CLUB

## WINTER HOLIDAY



### FACILITY HOURS & CLASS SCHEDULES

#### SUNDAY, DEC. 24 ~ Christmas Eve

**6am – 3pm**

Strength	Stacy	8am – 9am	Studio A
Spin	Chris	8am – 9am	Spin Studio
Intrinity	Julie	8am – 9am	Mind & Body
Yoga	Stacy	9:15am – 10:15am	Mind & Body

#### MONDAY, DEC. 25 ~ Christmas Day

**Facility Closed**

#### TUESDAY, DEC. 26 ~ Saturday, Dec. 30

**Regular Facility Hours**

Pilates	Dianne	8am – 9am	Studio A
Intrinity	Julie	8am – 9am	Mind & Body
Spin	Julie	9:15am – 10:00am	Spin Studio
Strength/Cardio Intervals	Lisa	9:25am – 10:25am	Studio A

#### SUNDAY, DEC. 31 ~ New Year's Eve

**6am – 3pm**

HIIT	Alison	7am – 7:55am	Studio A
Strength	Stacy	8am – 9am	Studio A
Spin	Chris	8am – 9am	Spin Studio
Yoga	Stacy	9:15am – 10:15am	Mind & Body
WERQ	Amanda	9:15am – 10:15am	Studio A

#### MONDAY, JAN. 1 ~ New Year's Day

**8am – 3pm**

Strength	Julie	8am – 9am	Studio A
Spin	Julie	9:15am – 10:00am	Spin Studio
HIIT	Frankie	10am – 11am	Studio A
Yoga	Stacy	9:15am – 10:15am	Mind & Body