CENTER FITNESS CLUB
WINTER HOLIDAY
FACILITY HOURS & CLASS SCHEDULES

TUESDAY, DEC. 24
Facility Hours: 8am – 3pm

8:15am – 9:15am  Pilates / Strength  Dianne  Studio A
9:00am – 9:45am  Spin Express  Stacy  Spin Studio
9:20am – 10:20am  Interval Training  Marta  Studio A
9:15am – 10:30am  Yoga  Diane B  Mind & Body
10:30am – 11:30am  Barre Fusion  Cris  Studio A

WEDNESDAY, DEC. 25 - FACILITY CLOSED

THURSDAY, DEC. 26
Facility Hours: 5am – 10pm

8:15am – 9:15am  Pilates Fusion  Cris  Studio A
9:15am – 10:30am  Yoga  Jancy  Mind & Body
9:00am – 10:00am  Spin Express  Stacy  Spin Studio
11:00am – 12:00pm  Backs, Hips, & Knees  Pam  Studio A

FRIDAY, DEC. 27 THROUGH MON, DEC. 30 - Regular Facility & Class Hours
PLEASE REFER TO POTENTIAL FUTURE EMAIL COMMUNICATIONS FOR CANCELLATIONS AND CHANGES.

TUESDAY, DEC. 31
Facility Hours: 8am – 3pm

8:15am – 9:15am  Pilates / Strength  Dianne  Studio A
9:00am – 9:45am  Spin Express  Stacy  Spin Studio
9:20am – 10:20am  Interval Training  Marta  Studio A
9:15am – 10:30am  Yoga  Diane B  Mind & Body
10:30am – 11:30am  Barre Fusion  Cris  Studio A

WEDNESDAY, JAN. 1
Facility Hours: 8am – 3pm

8:15am – 9:15am  Strength  Marta  Studio A
9:00am – 10:00am  Spin  Chris  Spin Studio
9:20am – 10:20am  Cardio / Sculpt  Cris  Studio A
10:30am – 11:30am  Zumba  Alison / Sue  Studio A
10:30am – 11:45am  Kundalini Yoga  Michelle  Mind & Body

HAPPY HOLIDAYS!