

New Year's Eve Hours

Center Hours - 7:00am – 3:00pm

Land Group Exercise Classes:

Les Mills Tone - 9:00-9:45am – Vicky – Studio A

Power Yoga – 10:00-11:00am – Liz – Studio B

Pop Up Zumba Step – 11:00-12:00 – Tonya – Studio A

Pop Up Bodyflow – 12:00-12:50pm – Sarah – Studio B

New Year's Day Hours

Center Hours - 7:00am – 1:00pm

Land Classes:

Beginning Tai Chi – 8:00-9:00am – Sarah – Studio B

High Voltage Cycle – 9:00-9:45am – Leslie – Studio C

Pop Up Bodyflow – 9:00-9:50am – Sarah – Studio A

Therapeutic Yoga 10:00-10:50am – Cher – Studio B

Chair Yoga 11:00-11:50am – Cher – Studio B

Yoga Core 12:00-12:30pm – Cher – Studio B

Purely Stretch 11:15-11:45am – Sharon – Studio A

Aquatic Classes:

Aqua Arthritis – 7:00-7:45am – Sharon

Splashin to the Classics – 8:00-8:45am – Sharon

Deep Water Tabata – 9:00-9:45am - Sharon