

HOLIDAY **FITNESS** SCHEDULE

DEC 19—JAN 8

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19 6:10am Tri-20 9:15am Santa Step 10:15am Yoga Flow 12:10pm CC Intervals 4:30pm Jingling Beats 7:00pm SET 8:00pm Flex&Stretch	20 6:10am Zenergy 8:15am CC Intervals 9:15am RIPPED 10:15am Power Yoga 12:10pm Christmas Core 5:30pm MuscleToe 7:00pm Zenergy 8:00pm de-Stress Yoga	21 6:10am SET 9:15am Tri-20 10:15am Pilates 12:10pm Bootcamp Exp 5:30pm CC Intervals 7:00pm RIPPED Rudolph	22 6:10am Yoga 8:15am Bootcamp Exp 9:15am SET 10:15am Yoga Flow 12:10pm Christmas Core 6:00pm Pilates 7:00pm MuscleToe 8:00pm de-Stress Yoga	23 6:10am Power Cardio 9:15am Santa Step 10:15am Santa Stretch 12:10pm Holiday HOHO	24 (Club Hours 7-3) 8:15am Christmas Core 9:15am RIPPED Rudolph 10:30am Yoga	25 Xmas Closed
26 (Club Hours 9-4)	27 6:10am Zenergy 9:15am RIPPED Rudolph 10:15am Power Yoga 12:10pm Christmas Core 7:00pm Holiday HOHO 8:00pm Athletic Yoga	28 6:10am SET 9:15am Just Tri It! 10:15am SB Yoga 12:10pm Bootcamp Exp 7:00pm RIPPED Rudolph	29 6:10am Yoga 9:15am SET 10:15am Yoga Flow 12:10pm Christmas Core 7:00pm Last Chance 8:00pm de-Stress Yoga	30 6:10am Power Cardio 9:15am 2011 Steps 10:15am de-Stress Yoga 12:10pm Holiday HOHO	31 (Club Hours 7-3) 9-10:15am Last Chance 10:30am Yoga	1 New Years Closed
2 6:10am Just Tri It! 9:15am Survival Step 10:15am Ageless Yoga 12:10pm CC Intervals 4:30pm Jingling Beats	3 6:10am Zenergy 9:15am RIPPED 10:15am Power Yoga 12:10pm Jingling Beats 5:30pm MaxOut 7:00pm Zenergy 8:00pm Athletic Yoga	4 6:10am SET 9:15am Tri-20 10:15am Pilates 12:10pm Bootcamp Exp 5:30pm CC Intervals 7:00pm RIPPED	5 6:10am Yoga 9:15am SET 10:15am Yoga Flow 12:10pm Core 'n More 6:00pm Pilates 7:00pm MaxOut 8:00pm de-Stress Yoga	6 6:10am Power Cardio 9:15am Step & Sculpt 10:15am Flex&Stretch 12:10pm Zenergy	7 8:15am Core 'n More 9:15am RIPPED 10:30am Yoga	8 9:00am Yoga 10:00am Core

HOLIDAY **SPIN** SCHEDULE

DEC 19—JAN 8

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19 7:00am Krank It 9:15am Cycle Energy 12:10pm Cycle Express 6:30pm Roadfit	20 6:10am A Vicious Cycle 6:30pm Santa Tour	21 9:15am Cycle Energy 12:10pm Xmas Express 6:30pm Roadfit 8:00pm Cycle Energy	22 6:10am Cycle Energy 6:30pm Santa Tour	23 9:15am Krank It 12:10pm Xmas Express	24 (Club Hours 7-3) 9:00-10:30am Turkey Burn	25 Xmas Closed
26 (Club Hours 9-4)	27 6:10am A Vicious Cycle 6:30pm Santa Tour	28 9:15am Cycle Energy 6:30pm Roadfit	29 6:10am Cycle Energy 6:30pm Santa Tour	30 9:15am Krank It 12:10pm NY Express	31 (Club Hours 7-3) 9:00-10:30am Last Chance	1 New Years Closed
2 7:00am Krank It 9:15am Cycle Energy 12:10pm Cycle Express 6:30pm Roadfit	3 6:10am A Vicious Cycle 7:15pm Cycling & Core (2nd Session Begins)	4 9:15am Cycle Energy 12:10pm Krank It 6:30pm Roadfit 8:00pm Cycle Energy	5 6:10am Vicious Cycle 7:15pm Cycling & Core (2nd Session Begins)	6 6:10am Krank It 9:15am Krank It 12:10pm Cycle Express	7 9:00-10:30am Enduride	8

HOLIDAY CLASS DESCRIPTIONS

DEC 19—JAN 8

Class Name	Focus	Level	Class Name	Focus	Level
Christmas Core	Core conditioning focusing on ab strength & total body conditioning.	All Levels	Ageless Yoga	Mindfulness, breathing, flexibility, balance—for all ages.	All Levels
Holiday Ho Ho	Conditioning for a full body workout plus yoga poses for both strength & flexibility.	All Levels	De-Stress Yoga	Yoga poses that help us learn to relax/rest deeply & completely.	All Levels
Jingling Beats	Dance moves to raise the heart rate of the young & young at heart		Santa Stretch	Head to toe stretch using toys from Santa's Sac.	All Levels
Just Tri It	3 classes in one - cardio/strength/core ironman style				
Last Chance	This is it, last chance to reach your 2011 goals—full body!		NY Express	The New Year is almost here—get in a quick spin.	All Levels
Muscle Toe	Focus on muscles from head to toe.		Santa's Tour	Santa travels the world—so will you on this virtual ride.	All Levels
Ripped Rudolph	Resistance, Intervals, Power, Plyo, Endurance, Determination. Non-stop including cardio, resistance & tabatas.		Turkey Burn	A ride to burn off the turkey & stuffing calories!	All Levels
Santa Step	Cardio & Strength intervals "simply" on the step with Santa spirit!		Xmas Xpress	A variety of training formats in a condensed time frame.	All Levels
Survival Step	Can you SURVIVE cardio & Strength intervals on the STEP?				
2011 Steps	Count them—2011 steps all in one cardio/strength class.		Cardio & Strength	Yoga/Stretch	Indoor Cycle