HOLIDAY GROUP FITNESS SCHEDULE

Sunset Hills

18	19	20	21	22	23	24
No Classes	6am- Boot Camp 9am- Low Impact 10am- Senior Strength 430pm- Interval 530pm- Step 630pm- Yoga 630pm-Spinning 730pm- Pilates	715am- Spinning 8am- Interval 10am-Mix it Up 10am- Silver Sneakers 5pm- Circuits 6pm- Spin and Gym 6pm- Core and Conditioning	6am- Boot Camp 9am- Boot Camp 530pm- Step	715am- Spinning 8am-Pilates 9am- Interval 10am-Mix it Up 10am- Silver Sneakers 430pm- Recap Cardio 530pm- Tabata	6am-Boot Camp 9am- Senior Strength 930am-Spinning 430pm-HIT Strength	830am- Recap Cardio 930am- Low Impact

25	26	27	28	29	30	31
CHRISTMAS DAY No Classes	9am- Low Impact 10am- Senior Strength 430pm- Interval 530pm- Step	715am- Spinning 9am-Pilates 10am-Silver Sneakers 5pm-Circuits 6pm-Spin and Gym 6pm-Core and	6am-Boot Camp 9am- Boot Camp 530pm- Step 630pm- Yoga 630pm-Spinning 730pm-Pilates	715am- Spinning 8am-Pilates 9am- Interval 10am-Silver Sneakers 430pm- Recap Cardio 530pm- Tabata	6am- Boot Camp 9am- Senior Strength 930am- Spinning 4:30pm- HIT Strength	NEW YEAR'S EVE 730am- Strength 830am- Recap Cardio 930am- Low Impact 1030am- Pilates

All other classes are canceled; new session schedule will begin January 1st.

Any questions contact Teresa tjohnson@sunset-hills.com