



# Group Fitness Classes December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Key:</b> <b>CS= Cardio Studio</b> <b>MB= Mind/Body Studio</b> <b>BB= Basketball Court</b> <b>TC=Tennis Court</b> <b>SH=Staunton High</b> <b>RB=Racquetball Court</b>			<b>1</b> 5:45 Lift&Pump(CS) <a href="#">Lisa</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Ginger</a> 11:00 Senior Fit (CS) <a href="#">Eleanor</a> 11:15 PACE(MB) <a href="#">Mason</a> 5:30 Vinyasa Yoga(MB) <a href="#">MP</a> 6:00 Zumba(CS) <a href="#">Maria</a>	<b>2</b> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Pilates(MB) <a href="#">Melissa A</a> 8:30 Cycling(CS) <a href="#">Ginger</a> 9:30 Tabata(CS) <a href="#">Avis</a> 9:45 Tai Chi Y24(MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a>	<b>3</b> 8:30 Cycling(CS) <a href="#">Ginger</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Dawn</a>
<b>4</b> 3:00 Gentle Flow Yoga (MB) <a href="#">Dawn</a>	<b>5</b> 5:45 Tabata(CS) <a href="#">Lisa</a> 8:30 Zumba(CS) <a href="#">Eleanor</a> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Wall Yoga(RB) <a href="#">SBJ</a> 9:45 Tai Chi Y24 (MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a> 5:30 Pilates(MB) <a href="#">Melissa A</a> 6:00 Zumba(CS) <a href="#">Maria</a> 6:30 Cycle(CS) <a href="#">Sarabeth</a>	<b>6</b> 8:30 Barre(CS) <a href="#">Melissa A</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Vinyasa Yoga(MB) <a href="#">Marsha</a> 11:00 Senior Fit (CS) <a href="#">ER</a> 11:15 PACE(MB) <a href="#">Peggy</a> 5:30 Lift&Pump(CS) <a href="#">Iris</a> 5:30 Vinyasa Yoga (MB) <a href="#">Melissa A</a>	<b>7</b> 5:45 BCamp(CS) <a href="#">Iris</a> 8:00 FitForLife(BB) <a href="#">Cathy</a> 8:30 Zumba(CS) <a href="#">Eleanor</a> 8:00 Men's Yoga(MB) <a href="#">MK</a> 9:30 Strength(CS) <a href="#">Avis</a> 10:00 Adaptive Yoga(MB) <a href="#">Marsha</a> 11:15 Chair Yoga(MB) <a href="#">MP</a> 5:00 Barre(CS) <a href="#">Melissa A</a> 5:30 Cycling(CS) <a href="#">Jenn</a> 6:00 Gentle Flow(MB) <a href="#">MA</a>	<b>8</b> 5:45 Lift&Pump(CS) <a href="#">Lisa</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Sarabeth</a> 11:00 Senior Fit (CS) <a href="#">SBJ</a> 11:15 PACE(MB) <a href="#">Carol</a> 5:30 Vinyasa Yoga(MB) <a href="#">MP</a> 6:00 Zumba(CS) <a href="#">Maria</a>	<b>9</b> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Pilates(MB) <a href="#">Melissa A</a> 8:30 Cycling(CS) <a href="#">Ginger</a> 9:30 Tabata(CS) <a href="#">*Virtual</a> 9:45 Tai Chi Y24(MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a>	<b>10</b> 8:30 Cycling(CS) <a href="#">Lisa</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Ginger</a>
<b>11</b> 3:00 Gentle Flow Yoga (MB) <a href="#">Ginger</a>	<b>12</b> 5:45 Tabata(CS) <a href="#">Lisa</a> 8:30 Zumba(CS) <a href="#">Eleanor</a> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Gentle Flow(MB) <a href="#">Ginger</a> 9:45 Tai Chi Y24 (MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a> 5:30 Pilates(MB) <a href="#">Melissa A</a> 6:00 Zumba(CS) <a href="#">Maria</a> 6:30 Cycle(CS) <a href="#">Sarabeth</a>	<b>13</b> 8:30 Barre(CS) <a href="#">Melissa A</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Vinyasa Yoga(MB) <a href="#">Marsha</a> 11:00 Senior Fit (CS) <a href="#">ER</a> 11:15 PACE(MB) <a href="#">Peggy</a> 5:30 Lift&Pump(CS) <a href="#">Iris</a> 5:30 Vinyasa Yoga(MB) <a href="#">Sarabeth</a>	<b>14</b> 5:45 BCamp(CS) <a href="#">Iris</a> 8:00 FitForLife(BB) <a href="#">Cathy</a> 8:30 Zumba(CS) <a href="#">Eleanor</a> 8:00 Men's Yoga(MB) <a href="#">MK</a> 9:30 Strength(CS) <a href="#">Avis</a> 10:00 Adaptive Yoga(MB) <a href="#">Marsha</a> 11:15 Chair Yoga(MB) <a href="#">MP</a> 5:00 Barre(CS) <a href="#">Melissa A</a> 5:30 Cycling(CS) <a href="#">Jenn</a> 6:00 Gentle Flow(MB) <a href="#">MA</a>	<b>15</b> 5:45 Lift&Pump(CS) <a href="#">Lisa</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Nancy</a> 11:00 Senior Fit (CS) <a href="#">Eleanor</a> 11:15 PACE(MB) <a href="#">Mason</a> 5:30 Vinyasa Yoga(MB) <a href="#">MP</a> 6:00 Zumba(CS) <a href="#">Maria</a>	<b>16</b> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Pilates(MB) <a href="#">Melissa A</a> 8:30 Cycling(CS) <a href="#">Ginger</a> 9:30 Tabata(CS) <a href="#">Avis</a> 9:45 Tai Chi Y24(MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a>	<b>17</b> 8:30 Cycling(CS) <a href="#">Jenn</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Nancy</a>
<b>18</b> 3:00 Gentle Flow Yoga (MB) <a href="#">Mason</a>	<b>19</b> 5:45 Tabata(CS) <a href="#">Lisa</a> 8:30 Zumba(CS) <a href="#">No Class</a> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Wall Yoga(RB) <a href="#">SBJ</a> 9:45 Tai Chi Y24 (MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a> 5:30 Pilates(MB) <a href="#">Melissa A</a> 6:00 Zumba(CS) <a href="#">Maria</a> 6:30 Cycle(CS) <a href="#">Sarabeth</a>	<b>20</b> 8:30 Barre(CS) <a href="#">Melissa A</a> 8:30 BCamp(BB) <a href="#">SBJ</a> 8:30 Vinyasa Yoga(MB) <a href="#">Marsha</a> 11:00 Senior Fit (CS) <a href="#">SBJ</a> 11:15 PACE(MB) <a href="#">Peggy</a> 5:30 Lift&Pump(CS) <a href="#">Iris</a> 5:30 Vinyasa Yoga(MB) <a href="#">Sarabeth</a>	<b>21</b> 5:45 BCamp(CS) <a href="#">Iris</a> 8:00 FitForLife(BB) <a href="#">Cathy</a> 8:30 Zumba(CS) <a href="#">No Class</a> 8:00 Men's Yoga(MB) <a href="#">MK</a> 9:30 Strength(CS) <a href="#">Avis</a> 10:00 Adaptive Yoga(MB) <a href="#">Marsha</a> 11:15 Chair Yoga(MB) <a href="#">MP</a> 5:00 Barre(CS) <a href="#">Melissa A</a> 5:30 Cycling(CS) <a href="#">Jenn</a> 6:00 Gentle Flow(MB) <a href="#">MA</a>	<b>22</b> 5:45 Lift&Pump(CS) <a href="#">Lisa</a> 8:30 BCamp(BB) <a href="#">SBJ</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Mason</a> 11:00 Senior Fit (CS) <a href="#">SBJ</a> 11:15 PACE(MB) <a href="#">Mason</a> 5:30 Vinyasa Yoga(MB) <a href="#">MP</a> 6:00 Zumba(CS) <a href="#">No Class</a>	<b>23</b> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Pilates(MB) <a href="#">Melissa A</a> 8:30 Cycling(CS) <a href="#">No Class</a> 9:30 Tabata(CS) <a href="#">Avis</a> 9:45 Tai Chi Y24(MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a>	<b>24</b> We are closed for Christmas Eve! 
<b>25</b> We are closed for Christmas Day! Enjoy your Holiday! 	<b>26</b> No Group Fitness Classes today!	<b>27</b> 8:30 Barre(CS) <a href="#">Melissa A</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Vinyasa Yoga(MB) <a href="#">Marsha</a> 11:00 Senior Fit (CS) <a href="#">ER</a> 11:15 PACE(MB) <a href="#">Peggy</a> 5:30 Lift&Pump(CS) <a href="#">No Class</a> 5:30 Vinyasa Yoga(MB) <a href="#">Melissa A</a>	<b>28</b> 5:45 BCamp(CS) <a href="#">Lisa</a> 8:00 FitForLife(BB) <a href="#">Cathy</a> 8:30 Zumba(CS) <a href="#">Eleanor</a> 8:00 Men's Yoga(MB) <a href="#">MK</a> 9:30 Strength(CS) <a href="#">Avis</a> 10:00 Adaptive Yoga(MB) <a href="#">Marsha</a> 11:15 Chair Yoga(MB) <a href="#">MP</a> 5:00 Barre(CS) <a href="#">Melissa A</a> 5:30 Cycling(CS) <a href="#">Jenn</a> 6:00 Gentle Flow(MB) <a href="#">MA</a>	<b>29</b> 5:45 Lift&Pump(CS) <a href="#">Lisa</a> 8:30 BCamp(BB) <a href="#">Eleanor</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Mason</a> 11:00 Senior Fit (CS) <a href="#">Eleanor</a> 11:15 PACE(MB) <a href="#">Mason</a> 5:30 Vinyasa Yoga(MB) <a href="#">MP</a> 6:00 Zumba(CS) <a href="#">No Class</a>	<b>30</b> 8:30 Fit For Life(BB) <a href="#">Cathy</a> 8:30 Pilates(MB) <a href="#">Melissa A</a> 8:30 Cycling(CS) <a href="#">No Class</a> 9:30 Tabata(CS) <a href="#">Avis</a> 9:45 Tai Chi Y24(MB) <a href="#">Linda</a> 10:30 Tai Chi S73(MB) <a href="#">LR</a>	<b>31</b> 8:30 Cycling(CS) <a href="#">TBD</a> 8:30 Gentle Flow Yoga(MB) <a href="#">Mason</a>