

HOLIDAY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
18	19	20	21
Spin Express 11:30 a.m.—Noon Barre 12:15-12:45 p.m. Vinyasa Yoga 4:15-5 p.m. Zumba 5:30-6:15 p.m.	Wellness Services Closed for Department Meet- ings and Holiday Party	Spin Express 11:30 a.m.—Noon Barre 12:15-12:45 p.m. Vinyasa Yoga 4:15-5 p.m. Zumba 5:30-6:15 p.m.	Yoga Express 11:30 a.m.—Noon Circuit Training 12-12:30 p.m. Spin 3:15-3:45 p.m. Boot Camp 4:15-5 p.m. • 5:15-6 p.m. Yoga 5:15-6 p.m.
25	26	27	28
Wellness Services Closed for Christmas Holiday	Spin 4:15-5 p.m. Barre 5:15-6 p.m.	Spin Express 11:30 a.m.—Noon Barre 12:15-12:45 p.m. Vinyasa Yoga 4:15-5 p.m. Zumba 5:30-6:15 p.m.	Yoga Express 11:30 a.m.—Noon Yoga 5:15-6 p.m.
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Wellness Services Closed for New Year's Day			

*All classes meet in the Group Fitness Studio, except Boot Camp.

Friday Fitness Pop Up Classes

Spin: Dec. 15: 12:15-12:45 p.m. • Barre: Dec. 22: 12:15-12:45 p.m.

