



December Schedule

Theme: **Rest & Recovery**



Spirit Fridays

**Festive
Holiday
Wear**

Class Key

- Beginner
- Intermediate
- Advanced
- Social Class
- Rotating

Monday

9:00 am
Cardio Fusion

9:45 am
Functional Strength

10:30 am
Yoga 45

11:30 am
Ageless Grace
Express

12:00 pm
Gentle Mobility

1:00 pm
Walk This Way

2:00 pm
Social Club

4:00 pm
Arms & Abs

5:00 pm
Stretch & Recovery

Tuesday

9:30 am
Cardio Blast Express

10:00 am
Full Body 45

11:00 am
Core Stability

12:00 am
Tai Chi

1:00 pm
Upper Body Strength

2:00 pm
Fall Free® Balance

4:00 pm
Chair Pilates 45

5:00 pm
Strength & Cardio

Wednesday

9:00 am
Full Body Strength

9:45 am
Walk This Way

10:30 am
Lotus Tai Chi 45

11:30 am
Core Express

12:00 am
Ageless Grace

1:00 pm
Cardio Mix

2:00 pm
Mobility & Stability

4:00 pm
Club Connections

5:00 pm
Full Body 45

6:00 pm
Stretch &
Recovery Express

Thursday

9:30 am
Chair Aerobics Express

10:00 am
Full Body 45

11:00 am
Advanced Core

12:00 am
Tai Chi

1:00 pm
Lower Body Strength

2:00 pm
Fall Free® Balance

4:00 pm
Pilates 45

5:00 pm
Strength & Cardio

Friday

9:00 am
Cardio Fusion

9:45 am
Advanced Strength

10:30 am
Chair Yoga 45

11:30 am
Ageless Grace
Express

12:00 pm
Mobility Masters

1:00 pm
Walk This Way

2:00 pm
Brain Games

4:00 pm
Legs & Abs

5:00 pm
Stretch & Recovery



Club Connections

Wednesdays @ 4 PM ET

**DEC
02**

Connect Event: Restorative Yoga for Sleep

Unwind with Coach Merilin through gentle restorative yoga designed to calm the mind, support better sleep, and promote recovery.

**DEC
09**

Cooking Club: Snowman Cheese Ball

Learn to make a festive snowman cheeseball with cream cheese, nuts, and cranberries perfect for holiday gatherings!



**DEC
16**

Art Club: Gingerbread House Decorating

Color and decorate your own gingerbread house masterpiece using supplies you have on hand.



**DEC
23**

Book Club: The Frozen River

The Frozen River by Ariel Lawhon follows midwife Martha Ballard as she investigates a suspicious death in 1789 Maine.



**DEC
30**

Connect Event: Stretch & Mobility Reset

Take a moment to slow down, stretch, and improve your mobility with gentle movements designed to help you feel relaxed, refreshed, and ready to move.



Social Club

**Mondays @
2 PM ET**

12/7 Member Orientation

12/14 Better Sleep & Recovery Habits

12/21 Diet Effects on Sleep & Recovery

12/28 2026 Reflection

Cardio Mix

**Wednesday @
1 PM ET**

12/2 Move & Groove

12/9 Cardio Drumming

12/16 Move & Groove

12/23 Line Dancing

12/30 Move & Groove

Brain Games

**Fridays @
2 PM ET**

12/4 BINGO

12/11 Memory in Motion

12/18 Winter Jeopardy

**DEC
24**

All Day

Sleigh your workouts!
Join our Holiday Hustle for festive classes, fun moves, and holiday music.

**Holiday
hustle**

**DEC
25**

Christmas Day

No Class on Friday

ET