



December Schedule

Theme: **Rest & Recovery**



Spirit Fridays

**Festive
Holiday
Wear**

Class Key

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class
- ↻ Rotating Class

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 pm

- 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 pm

- 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 pm

- 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