



December Schedule

Theme: **Rest & Recovery**



Spirit Fridays

**Festive
Holiday
Wear**

Class Key

- Beginner
- Intermediate
- Advanced
- Social Class
- Rotating

Monday

6:00 am
Cardio Fusion

6:45 am
Functional Strength

7:30 am
Yoga 45

8:30 am
Ageless Grace
Express

9:00 am
Gentle Mobility

10:00 am
Walk This Way

11:00 am
Social Club

1:00 pm
Arms & Abs

2:00 pm
Stretch & Recovery

Tuesday

6:30 am
Cardio Blast Express

7:00 am
Full Body 45

8:00 am
Core Stability

9:00 am
Tai Chi

10:00 am
Upper Body Strength

11:00 am
Fall Free® Balance

1:00 pm
Chair Pilates 45

2:00 pm
Strength & Cardio

Wednesday

6:00 am
Full Body Strength

6:45 am
Walk This Way

7:30 am
Lotus Tai Chi 45

8:30 am
Core Express

9:00 am
Ageless Grace

10:00 am
Cardio Mix

11:00 am
Mobility & Stability

1:00 pm
Club Connections

2:00 pm
Full Body 45

3:00 pm
Stretch &
Recovery Express

Thursday

6:30 am
Chair Aerobics Express

7:00 am
Full Body 45

8:00 am
Advanced Core

9:00 am
Tai Chi

10:00 am
Lower Body Strength

11:00 am
Fall Free® Balance

1:00 pm
Pilates 45

2:00 pm
Strength & Cardio

Friday

6:00 am
Cardio Fusion

6:45 am
Advanced Strength

7:30 am
Chair Yoga 45

8:30 am
Ageless Grace
Express

9:00 am
Mobility Masters

10:00 am
Walk This Way

11:00 am
Brain Games

1:00 pm
Legs & Abs

2:00 pm
Stretch & Recovery



Club Connections

Wednesdays @ 1 PM PT

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 @
11 AM PT

12/7 Member Orientation

12/14 Better Sleep & Recovery Habits

12/21 Diet Effects on Sleep & Recovery

12/28 2026 Reflection

Cardio Mix

Wednesday @
10 AM PT

12/2 Move & Groove

12/9 Cardio Drumming

12/16 Move & Groove

12/23 Line Dancing

12/30 Move & Groove

Brain Games

Fridays @
11 AM PT

12/4 BINGO

12/11 Memory in Motion

12/18 Winter Jeopardy

DEC
24

All Day

Holiday hustle

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

DEC
25

Christmas Day

No Class on Friday

PT