



December Schedule

Theme: **Rest & Recovery**



Spirit Fridays

**Festive
Holiday
Wear**

Class Key

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

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

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

PT