

Monday 12/28	Tuesday 12/29	Wednesday 12/30	Thursday 12/31	Friday 1/01	Saturday 1/02	Sunday 1/03
Early Riser Cycling <i>Heidi Lipson-Copeland</i> 5:45- 6:35 am	Pump! <i>Judy Urban</i> 6:00- 7:00 am	Early Riser Cycling <i>Heidi Lipson-Copeland</i> 5:45- 6:35 am	ABBs <i>Staff</i> 6 :00- 6:30 am			
			Stretch <i>Judy Urban</i> 6:30- 7:00 am		Hatha Yoga <i>Nick Boyar</i> 8:30- 9:50 am	
X-Biking <i>April Wright</i> 8:15- 9:00 am		X-Biking <i>April Wright</i> 8:15- 9:00 am		OPENING at 9AM	Cycling <i>Christine Becraft</i> 9- 9:50 am	Cycling <i>Heidi Lipson-Copeland</i> 9:15- 10:05 am
Fab After Fifty <i>Nancy Cool</i> 9:15- 10:05 am		Fab after Fifty <i>Christie Landon</i> 9:15- 10:05 am	Strength & Tone <i>Christie Landon</i> 9:15- 10:05 am		Kickboxing <i>Mike Hojnowski</i> 10:00- 10:50 am	Step & Strength <i>Mike Hojnowski</i> 10:15- 11:30 am
Step <i>Cristin Baker</i> 11:30- 12:30 pm	X-Biking <i>Kelly Chase</i> 11:15- 12:05 pm		Hatha Yoga <i>Nick Boyar</i> 10:15- 11:45 am		Cycling <i>Heidi Lipson-Copeland</i> 10:15- 11:05 am	
			Cycling <i>Christie Landon</i> 11:15- 12:05 pm		Zumba! <i>Deb Noonan</i> 11:00- 12:00 pm	Sivananda Yoga <i>Melinda Matzell</i> 12:00- 1:00 pm
Cycling <i>Heidi Lipson-Copeland</i> 4:15-5:05 pm	Step <i>Heidi Lipson-Copeland</i> 4:00- 5:05 pm	Zumba! <i>Deb Noonan</i> 4:30- 5:25 pm	CLOSING at 5PM	CLOSING at 3PM		
Zumba <i>Deb Noonan</i> 4:30- 5:25 pm	Boot Camp <i>Deb Noonan</i> 5:15- 6:15 pm					Power Vinyasa <i>Gina Newlin</i> 4:00- 5:15 pm
	Cycling <i>Abigail Bokaer</i> 6- 6:50 pm	Power Vinyasa <i>Melinda Matzell</i> 5:30- 6:25 pm				
X- Biking <i>April Wright</i> 5:30- 6:20 pm	BodyWise Yoga <i>Melinda Matzell</i> 6:30- 7:25 pm	Cycling <i>Christine Becraft</i> 6- 6:50 pm				
Self- Defense <i>Don Selby</i> 6:30-7:30 pm		Tai Chi <i>Mike Costello</i> 6:30-7:30 pm				
		Sivananda Yoga <i>Melinda Matzell</i> 7:40- 8:40 pm				