

# Group Exercise New Year's Eve & New Year's Day Schedule

## **SUNDAY, DECEMBER 31**

8:30 - 9:20 a.m.	Step & Sculpt	Melissa
10:00 - 11:00	*Yoga	Paula

## **MONDAY, JANUARY 1, 2024**

9:00 - 10:00 a.m.	*Cycle	Annette
9:30 - 10:15	Aqua Aerobics	Maria
9:30 - 10:20	F.I.T.	Cathy
10:30 - 11:20	*Yoga Pilates Mix	Maria

***\*Pre-registration opens 24 hrs. prior to scheduled class time on the app. or at front desk.***

