



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December 2024 Group Ex Schedule Northwest

Monday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Kassandra	Upstairs Studio
6:30-7:15am	Intervals Audra	Wellness Studio
9-9:45am	Zumba Toning Victoria	Wellness Studio
10-10:45am	Zumba Mollie	Wellness Studio
11-11:45am	SilverSneakers® Kathy	Gymnasium
4:30-5:15pm	Cardio Strength Liz W.	Wellness Studio
5:45-6:30pm	Dance Fitness Stacy	Upstairs Studio

Tuesday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Casey/Ashley	Upstairs Studio
6:30-7:15am	Barbell Class Audra	Wellness Studio
10-10:45am	Zumba Tiffany C.	Wellness Studio
11-11:45am	Strength Tiffany C.	Wellness Studio
5:30-6:30pm	Zumba Shelly	Wellness Studio
5:30-6:30pm	Yoga/Stretch Alexys	Upstairs Studio

Wednesday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Kassandra	Upstairs Studio
6:30-7:15am	Intervals Audra	Wellness Studio
9-9:45am	Dance Fitness Tiffanie L.	Upstairs Studio
10-10:45am	Zumba Mollie	Wellness Studio
11-11:45am	SilverSneakers® Sandy E.	Gymnasium
4:30-5:15pm	Cardio Strength Liz W.	Wellness Studio
5:30-6:15pm	Cycling Casey	Upstairs Studio
6:30-7:15pm	Dance Fitness Stacy	Upstairs Studio

Thursday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Casey/Ashley	Upstairs Studio
6:30-7:15am	Barbell Class Audra	Wellness Studio
9-10am	BODYCOMBAT® Amanda G.	Upstairs Studio
10-10:45am	Zumba Tiffany C.	Wellness Studio
11-11:45am	Strength Tiffany C.	Wellness Studio
5:30-6:30pm	Dance Fitness Connie H.	Wellness Studio
5:30-6:30pm	BODYBALANCE® Tiffany	Upstairs Studio



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December 2024 Group Ex Schedule Northwest

Friday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Kassandra	Upstairs Studio
9-9:45am	Zumba Toning Victoria	Wellness Studio
9-10am	Yoga Kellie	Upstairs Studio
10-10:45am	Zumba Victoria	Wellness Studio
11-11:45am	SilverSneakers® Sandy E.	Gymnasium

Saturday

CLASS TIME	CLASS NAME	LOCATION
8-8:45am	Cycling Casey	Upstairs Studio
9-9:45am	Strength Casey	Wellness Studio
10-10:45am	Zumba/Dance Fitness Karen/Connie H.	Wellness Studio
11-11:45am	Dance Fitness Stacy	Upstairs Studio



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December 2024 Group Ex Schedule

MCHS Fieldhouse

Monday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Karen	Gymnasium
12:15-1pm	Strength Intervals Jessica	Hospitality Room

Tuesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Brenda	Gymnasium
12:15-12:45pm	Cardio Kickboxing Jama	Hospitality Room
5:45-6:45pm	BODYPUMP® Connie T.	Hospitality Room

Wednesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11am	S.S Yoga Stretch® Karen	Gymnasium
12:15-1pm	Strength Intervals Jessica	Hospitality Room

Thursday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Brenda	Gymnasium
12:15-12:45pm	Cardio Kickboxing Jama	Hospitality Room
5:45-6:45pm	BODYPUMP® Connie T.	Hospitality Room

Friday

CLASS TIME	CLASS NAME	LOCATION
12:15-1pm	BODYBALANCE® Jessica	Hospitality Room

Saturday

CLASS TIME	CLASS NAME	LOCATION
8:30-9:15am	BODYPUMP® Michelle	Hospitality Room
9:30-10:15am	BODYBALANCE® Jessica	Hospitality Room



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December 2024 Group Ex Schedule

Yorktown

Monday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	Cycling Carly	Cycling Area
9:15-10am	SilverSneakers® Loretta	Group Exercise Studio
4:30-5pm	BODYPUMP® Lauren	Group Exercise Studio
5:30-6:30pm	BODYBALANCE® Kamna	Group Exercise Studio
6:45-7:45pm (starting Dec 9)	BODYCOMBAT® Amanda G.	Group Exercise Studio

Tuesday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	Strength Carly	Group Exercise Studio
10-10:45am	SilverSneakers® Candee	Group Exercise Studio
11-11:45am	Zumba Gold® Victoria	Group Exercise Studio
4:45-5:30pm	Intervals Kalene	Group Exercise Studio

Wednesday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	Cycling Carly	Cycling Area
9:15-10am	SilverSneakers® Sandy E.	Group Exercise Studio
4:30-5:15pm	BODYPUMP® Lauren	Group Exercise Studio
5:30-6:30pm	BODYBALANCE® Kamna	Group Exercise Studio
6:45-7:45pm	Cardio Boxing Hannah	Group Exercise Studio

Thursday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	Strength Kamna	Group Exercise Studio
10-10:45am	SilverSneakers® Candee	Group Exercise Studio
11-11:45am	Zumba Gold® Sharon	Group Exercise Studio
4:45-5:30pm	Intervals Kalene	Group Exercise Studio
6-6:45pm	Dance Fitness Donica	Group Exercise Studio

Friday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	Cycling Pat	Cycling Area
9:15-10am	SilverSneakers® Sandy E.	Group Exercise Studio

Saturday

CLASS TIME	CLASS NAME	LOCATION
8:15-9am	Cycling Kalene	Cycling Area

