

# Winter Break 2014 Group Fitness Schedule

Schedule effective Thursday, December 18 through Friday, January 23, 2015

All classes are FREE, and there is no sign-up required!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga</b> 7 to 7:45 a.m. Liz		<b>Yoga for Relaxation</b> 7 to 7:45 a.m. Kayla		<b>Yoga</b> 7 to 7:45 a.m. Liz
<b>Yin Yoga</b> 7:55 to 8:25 a.m. Liz		<b>Aqua Aerobics</b> 7:45 to 8:45 a.m. Mikhael <i>*KEC Pool</i>		<b>Yoga Form &amp; Theory</b> 7:55 to 8:25 a.m. Liz
<b>Aqua Aerobics</b> 7:45 to 8:45 a.m. Kayla <i>*KEC Pool</i>				<b>Aqua Aerobics</b> 7:45 to 8:45 a.m. Tom <i>*KEC Pool</i>
<b>Toning Circuits</b> 12:15 to 12:45 p.m. Kristy	<b>Just Dance!</b> 12:15 to 12:45 p.m. Kayla	<b>Yoga Sculpt</b> 12:15 to 12:45 p.m. Liz	<b>Zumba®</b> 12:15 to 12:45 p.m. Kristy	<b>Ab Lab</b> 12:15 to 12:45 p.m. Kayla
	<b>Power Yoga</b> 5 to 6 p.m. Liz			

## Special Hours/Closings for Winter Break

Tues, Dec 23: 6:30 a.m. – 4:30 p.m.  
 Wed, Dec 24 to Sun, Dec 28: CLOSED  
 Mon, Dec 29: 6:30 a.m. – 9 p.m.  
 Tues, Dec 30: 6:30 a.m. – 9 p.m.  
 Wed, Dec 31: CLOSED  
 Thurs, Jan 1: CLOSED