Holiday Passport Schedule

INTENSITY LEVEL: Low Intensity | Medium Intensity | High Intensity | All Levels

No Classes December 24th or 25th

12/26 WEDNESDAY

8:45-9:45 AM
Senior Forever Fit
Studio 200 | Rhonda

9:30-10:30 AM
Tabata Barre Fusion
Studio 201 | Myleen

7:00-7:45 PM
Spin
Spin Studio | Stephanie

12/27 THURSDAY

8:45-9:30 AM
PowerBarre
Studio 200 | Jenn V.

9:00-10:00 AM
Strength Cardio Training
Fitness Center | AJ

9:35-10:30 AM
Tabata
Studio 200 | Myleen

10:35-11:35 AM
Zumba
Studio 200 | Heather

6:00-6:55 PM
A Taste of Yoga
Studio 200 | Lisa

7:00-8:00 PM
Strength Cardio Training
Fitness Center | Fran

7:00-7:45 PM
Spin
Spin Studio | Tina

12/28 FRIDAY

8:45-9:45 AM
Dancing Strong
Studio 200 | Tina

9:50-10:50 AM
STRONG by Zumba
Studio 200 | Jenn V.

5:30-6:30 PM
Zumba
Studio 200 | Heather

6:15-7:00 PM
Line Dancing
Studio 200 | Tina

12/29 SATURDAY

9:00-10:00 AM
Strength Cardio Training
Fitness Center | Fran

10:35-11:35 AM
YOGA–All levels
Studio 200 | Jim

12/30 SUNDAY

9:00-10:00 AM
Tabata
Studio 200 | Loree

No Classes December 31st or January 1st

1/2 WEDNESDAY

8:45-9:45 AM
Senior Forever Fit
Studio 200 | Rhonda

12:00-12:55 PM
YoPi Strength
Studio 201 | Myleen

7:00-7:45 PM
Spin
Spin Studio | Stephanie