

HOLIDAY GROUP EXERCISE SCHEDULE LAND & AQUATICS CLASSES 12/24/18 – 1/1/19 CLUB HOURS AND KIDS KASTLE

NO MASTERS SWIM FROM 12/17-1/1/19.
NEW MASTERS SESSIONS BEGIN ON TUESDAY 1/2/19

SATURDAY & SUNDAY 12/22-12/23 USUAL HOURS & SCHEDULES, BOTH CLUBS

MONDAY 12/24 CLUB HOURS 5a-5p, KIDS KASTLE CLOSED 4-8p

Fitchburg: NO AQUATICS CLASSES

6:30a Insanity (50) with Katelyn (Studio 1)

8:30a Ultimate Intervals with Hallie and Mel (Studio 1)

9:30a WERQ with Naveen (Studio 2)

Capitol Square: NO CLASSES

TUESDAY 12/25 BOTH CLUBS CLOSED, NO CLASSES

WEDNESDAY 12/26 USUAL HOURS AT BOTH CLUBS, KIDS KASTLE REOPENS

Fitchburg: USUAL AQUATICS CLASS SCHEDULE, EXCEPT NO 10:45a AQUA MOVES CLASS

5:30a Yoga Flow with Heather (Studio 2)

9:00a Zumba with Isabel (Studio 2)

9:30a Cardio, Chisel & Core Circuit with Mel (Studio 1)

5:15p Yoga Flow with Rose (Studio 2)

5:30p CX WORX with Cassidy (Studio 1)

6:05p Insanity with Katelyn (Studio 1)

Capitol Square:

11:45a BodyPump with Trina

THURSDAY 12/27 USUAL HOURS & SCHEDULES AT BOTH CLUBS **EXCEPT:**

Fitchburg:

9:35a Yoga Flow class CANCELED

Addition of 11:45a Cycle with Christine (& also Thursday 1/3)

FRIDAY 12/28 – SUNDAY 12/30 USUAL HOURS & SCHEDULES AT BOTH CLUBS

MONDAY 12/31 CLUB HOURS 5a-5p, KIDS KASTLE CLOSED 4-8p

Fitchburg: NO AQUATICS CLASSES

8:30a Ultimate Intervals with Hallie & Mel (Studio 1)

8:45a Zumba with JJ (Studio 2)

9:35a BodyPump with Vikki (Studio 1)

10:45a Gentle Yoga with Vicki G. (Studio 1)

Capitol Square: NO CLASSES

TUESDAY 1/1 CLUB HOURS 5a-5p, KIDS KASTLE CLOSED

Fitchburg: NO AQUATICS CLASSES

9:00a Zumba with Isabel (Studio 1)

10:00a Cardio, Chisel & Core Circuit with Mel (Studio 1)

Capitol Square: NO CLASSES

WEDNESDAY 1/2 USUAL HOURS & CLASS SCHEDULES RESUME AT BOTH CLUBS

