



DECEMBER

WELLNESS SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WORKSHOPS
10:00-10:30 AM KETTLEBELL, CALISTHENICS & CORE JAY POWER PLATE STUDIO							MERRY MOBILITY WORKSHOP 4:30-5:00 PM WED, DEC 11 RUTH POWERPLATE STUDIO \$10/MEMBER* Holiday special
12:00-12:30 PM CLASSIC POWER PLATE ANDREA POWER PLATE STUDIO	4:30-5:30 PM YOUTH ATHLETIC PROGRAM DANIEL GX STUDIO			10:00-10:30 AM KETTLEBELL BLAST JAY POWER PLATE STUDIO			WELLNESS RESET INFORMATIONAL WORKSHOP 10-11:00 AM SAT, DEC 7 ANNE CONFERENCE ROOM COMPLIMENTARY * Holiday special
12:30-1:00 PM STRETCHING FOR A HEALTHY BACK ANDREA POWER PLATE STUDIO	5:00PM-5:30PM DRYLAND TRAINING: SKIERS COACH RONNIE POWERPLATE STUDIO		5:00PM-5:30PM DRYLAND TRAINING: SKIERS COACH RONNIE POWERPLATE STUDIO			1:00PM-1:30 PM SUNDAY CRUNCH KELSEY POWER PLATE STUDIO **COMPLIMENTARY	
6:00PM-6:30PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO	6:30-7:00 PM PILATES AND BARRE INSPIRED POWER PLATE ANDREA POWER PLATE STUDIO	5:30-6:00 PM STRENGTH AND CONDITIONING JAY POWER PLATE STUDIO	6:00-6:30 PM POWER PLATE ANDREA POWER PLATE STUDIO	6:00PM-6:30PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO			
	7:00-8:00 PM YOUTH ATHLETIC PROGRAM DANIEL MULTI- PURPOSE STUDIO						



SCAN ME

**FOR CLASS DESCRIPTIONS
AND SCHEDULE UPDATES**

CONTACT

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