

December 2017 morning classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes (except Combat Kickboxing and Black Light POUND) are FREE to members and ONLY \$10 for non-members! Printable versions of the schedule can be found at http://go2fithappens.com or our Facebook page.</p> <p>*Please sign up at the front desk in advance for MSROM, there must be at least 5 members signed up in order for class to take place.</p>					1 8am Latin Cardio <i>Sarah D.</i> 12am MSROM* <i>Maria</i>	2 8am Tabata* <i>Jen</i> 9am POUND <i>Jenn</i>
3 9am 30/30 Core Strength & Circuit <i>Yvonne</i>	4 8am Step <i>Beth</i> 9:15am TNT <i>Maria</i>	5 5:30am AM Fitness <i>Kelly</i> 8am Cardio Tone <i>Sarah D.</i> 9am Yoga <i>Nacole</i> 11am MSROM* <i>Maria</i>	6 8am Low Burn <i>Colleen</i> 9:15am TNT <i>Maria</i>	7 5:30am AM Fitness (Advanced) <i>Mandy</i> 8am Candlelight Yoga <i>Nacole</i>	8 8am Spin & Tone <i>Yvonne</i> 11am Beginner Yoga <i>Nacole</i> 12am MSROM* <i>Maria</i>	9 8am Bootcamp <i>Mandy</i> 9am POUND <i>Jenn</i>
10 9am Intro to POUND <i>Carole</i>	11 8am Circuit <i>Beth</i> 9:15am TNT <i>Maria</i>	12 5:30am AM Fitness <i>Kelly</i> 8am Cardio Tone <i>Sarah D.</i> 9am Yoga <i>Nacole</i> 11am MSROM* <i>Maria</i>	13 8am Step / ABS <i>Colleen</i> 9:15am NO CLASS	14 5:30am AM Fitness (Advanced) <i>Mandy</i> 8am Candlelight Yoga <i>Nacole</i> 9-9:30am NO CLASS	15 8am Latin Cardio <i>Sarah D.</i> 12am MSROM* <i>Maria</i>	16 8am HIIT Remix <i>Jen</i> 9am POUND <i>Jenn</i>
17 9am 30/30 Core Strength & Circuit <i>Kym</i>	18 8am Step <i>Beth</i> 9:15am TNT <i>Maria</i>	19 5:30am AM Fitness <i>Kelly</i> 8am Cardio Tone <i>Sarah D.</i> 9am Yoga <i>Nacole</i> 11am MSROM* <i>Maria</i>	20 8am Low Burn <i>Colleen</i> 9:15am TNT <i>Maria</i>	21 5:30am AM Fitness (Advanced) <i>Mandy</i> 8am Candlelight Yoga <i>Nacole</i>	22 8am Spin & Tone <i>Yvonne</i> 11am Beginner Yoga <i>Nacole</i> 12am MSROM* <i>Maria</i>	23 8am Bootcamp <i>Mandy</i> 9am POUND <i>Jenn</i>
24 9-10:15am Step/Strength/HIIT Remix/ Stretch <i>Kym</i>	25 HAPPY HOLIDAYS GYM CLOSED	26 5:30am AM Fitness <i>Kelly</i> 8am Cardio Tone <i>Sarah D.</i> 9am Yoga <i>Nacole</i> 11am MSROM* <i>Maria</i>	27 8am Ball / ABS <i>Colleen</i> 9:15am TNT <i>Maria</i>	28 5:30am AM Fitness (Advanced) <i>Mandy</i> 8am Candlelight Yoga <i>Nacole</i> 9-9:30am TNT <i>Maria</i>	29 8am Latin Cardio <i>Sarah D.</i> 12am MSROM* <i>Maria</i>	30 8am Tabata <i>Kelly</i> 9am POUND <i>Jenn</i>
31 9am Step/Tabata <i>Yvonne</i>						

December 2017 evening classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December Schedule Highlights! In the spirit of the Holidays Fit Happens instructors have decided to offer a few special additions to the December schedule! Jenn will be doing a Black Light POUND class on the 18th at 5pm! This class will have a \$5 charge to all who attend and spots are limited so if you know you are interested sign up ahead of time at the front desk. This class will sell out! Katy is holding a FREE Strength Interval Toy Collection Class on the 12th to all who bring a Toy for the collection box! Non-members included! These toys will go to less fortunate kids in our community! Kym is instructing a 75 minutes Christmas Eve Class incorporating 20 minutes of Step, Intervals, and Strength Exercises, ending with a 15 minute stretch! (Free for members and just \$5 for non-members!)</p>					<p>1 4-4:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 4:30-5:30pm *Combat Kickboxing <i>Keith</i></p>	<p>2</p>
<p>3</p>	<p>4 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i></p>	<p>5 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i></p>	<p>6 4:15pm POUND <i>Jenn</i> 5:15pm 20/20/20 <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)</p>	<p>7 4:30-5pm HIIT Remix 5-5:30pm Core/Strength <i>Kym</i> 5:30pm Flow <i>Sarah W.</i> 6:30pm Dance Fitness <i>Alyssa</i></p>	<p>8 4-4:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 4:30-5:30pm *Combat Kickboxing <i>Keith</i></p>	<p>9</p>
<p>10</p>	<p>11 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i></p>	<p>12 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i> <i>This class is FREE to ALL who bring a Toy for the collection box!</i></p>	<p>13 4:15pm POUND <i>Jenn</i> 5:15pm Step / Gunz & Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)</p>	<p>14 4:30-5pm Core/Strength 5-5:30pm HIIT Remix <i>Kym</i> 5:30pm Flow <i>Sarah W.</i> 6:30pm Dance Fitness <i>Alyssa</i></p>	<p>15 4-4:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 4:30-5:30pm *Combat Kickboxing <i>Keith</i></p>	<p>16</p>
<p>17</p>	<p>18 5:00pm Black Light POUND (\$5) <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i></p>	<p>19 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i></p>	<p>20 4:15pm POUND <i>Jenn</i> 5:15pm 20/20/20 <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)</p>	<p>21 4:30-5pm HIIT Remix 5-5:30pm Core/Strength <i>Kym</i> 5:30pm Flow <i>Sarah W.</i> 6:30pm Dance Fitness <i>Alyssa</i></p>	<p>22 4-4:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 4:30-5:30pm *Combat Kickboxing <i>Keith</i></p>	<p>23</p>
<p>24 Gym Hours: Mon-Thur. 5am-10pm Fri. 5am-9pm Sat. 7am-3pm Sun. 7am-2pm</p>	<p>25 HAPPY HOLIDAYS GYM CLOSED</p>	<p>26 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i></p>	<p>27 4:15pm POUND <i>Jenn</i> 5:15pm Step / Gunz & Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)</p>	<p>28 4:30-5pm Core/Strength 5-5:30pm HIIT Remix <i>Kym</i> 5:30pm Flow <i>Sarah W.</i> 6:30pm Dance Fitness <i>Alyssa</i></p>	<p>29 4-4:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 4:30-5:30pm *Combat Kickboxing <i>Keith</i></p>	<p>30</p>

