

**GOODLIFE FITNESS STUDIO DECEMBER 2018 GROUP EXERCISE No reservations required \***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am Core Fusion Peggy	<b>New!!</b> 7:45am Gentle Yoga Peggy		8:30am Zumba Lena (ALL)	8:30am Zumba Lena (ALL)		
9:30am Step & Tone Megan (2)	10am Total Body Strength Mady (ALL)	9:15 am Core Fusion Peggy (ALL)	10am Strength-Circuit Peggy/ Megan (2-3)	9:45am Strength & Balance Mady (1-2)	9:30am Step & Tone Peggy (2)	<b>New!!</b> 11am YOGA Basics w/Peggy (ALL)* <b>Dec 2, 9, 16</b>
11am Barre Shape Denise (ALL)	11:30am Mat Pilates Pam (ALL)	10:30am Movin & Groovin Peggy (ALL)	11:30am Mat Pilates Pam (ALL)	11am Barre Shape Denise (ALL)	11am Gentle Yoga Deb (ALL)	
	1 pm Adult Ballet Basics Gloria (ALL)				12:30pm <b>Friends in Motion</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Saturday Pre-consultation required	
	<b>New!!</b> 3 pm QiGong Hester (ALL)		<b>New!!</b> 3 pm Adult Ballet Basics Gloria (ALL)			Level 1 = Beginner Level 2 = Intermediate
4pm Tai Chi Janet (ALL)	4:15pm Strength- Circuit Peggy (2-3)	4pm Tai Chi Janet (ALL)	4:30pm Total Body Strength Peggy (2-3)			Level 3 = Advanced (ALL) = All Levels
5:30pm Gentle Yoga Peggy (ALL)	5:30pm Pilates Plus Beth (ALL) <b>CLOSED GROUP</b>	5:30pm Gentle Yoga Peggy (ALL)	5:45pm Core Fusion Peggy (ALL)			<b>HOLIDAY HOURS</b> <b>CLOSED:</b> <b>DEC. 24 &amp; 25</b> <b>31<sup>st</sup>- afternoon</b> <b>JAN 1<sup>ST</sup>.</b>

Schedule subject to change: Check our website for class updates [www.goodlifefitnessvero.com](http://www.goodlifefitnessvero.com)

