



# Hollydays Pass Schedule

December 15-January 4



*Location/Studio is listed next to Instructor*

Mon, Dec 15	Tue, Dec 16	Wed, Dec 17	Thu, Dec 18	Fri, Dec 19	Sat, Dec 20	Sun, Dec 21
6-6:55 am: Group Cycle w/Therese (Studio D)	6-6:55 am: Total Strength w/Erin (Studio A)	6:00-6:55 am: Group Cycle w/Susan (Studio D)	6-6:55 am: Total Strength w/Erin (Studio A)	6-6:55 am: Group Cycle w/Erin (Studio D)	8:15-9:10 am: Group Cycle w/Therese (Studio D)	 9:15-10:30 am: Cycle Extreme w/Marilyn (Studio D)
8-9:25 am: Strength/Cycle 40/40 (Studio D)	8-8:55 am: Cycle & Sculpt w/Marilyn (Studio D)	8:30-9:25 am: DancelT (Studio D)	8-8:55 am: Cycle & Sculpt w/Marilyn (Studio D)	8-9:10 am: Total Strength w/ Barb (Studio A)	9:05-9:55 am: Water Wave Aerobics (Pool)	
8:30-9:25 am: DancelT (Studio A)	8:15-9 am: Basic Step Class w/ Barb (Studio A)	9-9:50 am: Balance & Stretch (50+) w/Ilene (Studio B & C)	8-8:45 am: Pilates w/ Barb (Studio A)	8:30-9:25 am: DancelT (Studio D)	9:30-10:25 am: Dance IT (Studio A)	 10:30-11:45 am: Cycle Extreme w/Susan (Studio D)
9:00-9:50 am: Balance and Stretch 50+ (Stu B/C)	9-9:55 am: Zumba w/Linda (Studio B/C)	9:30-10:25 am: DancelT (Studio D)	9-9:55 am: Zumba Toning w/Barb (Studio A)	9am-9:55 am: Zumba w/Sue (Studio B & C)	9:30-10:25 am: Resistance Training w/Ellen (Studio D)	
9:30-10:25 am: DancelT (Studio D)	9:15-10:10 am: DancelT (Studio D)	10-10:50 am: Beginning Pilates (50+) w/Ilene (Studio B & C)	9-15-10:10 am: DancelT (Studio D)	9:15-10:10 am: Step & Weights w/Barb (Studio A)	10:30-11:45 am: Cycle Extreme w/Susan (Studio D)	
10-10:50 am: Beginning Pilates 50+ (Studio B & C)	10-10:50 am: Muscle Strengthening 50+ w/Rachel (Studio A)	10:15-10:55 am: Triceps, Tummy & Tush w/Sue (Studio A)	10-10:50 am: Muscle Strengthening 50+ w/Rachel (Studio A)	9:30-10:25 am: DancelT (Studio D)		
10:15-10:55 am: Triceps/Tummy w/ Sue (Studio A)	5-5:55 pm: DancelT (Studio D)	12:15-1:15pm: Lunchtime Cycle & Sculpt w/Kelly (Studio D)	5-555 pm: DancelT (Studio D)	10:15-10:55 am: Triceps, Tummy & Tush w/Sue (Studio A)		
12:15-1:15 pm: Lunchtime Cycle & Sculpt w/Kelly (Studio D)	5:30-6:25 pm: Cycle & Sculpt w/John (Studio D)	5:30-6:25 pm: Cycle & Sculpt w/Ilene (Studio D)	5:30-6:25 pm: Cycle & Sculpt w/John (Studio D)	12:15-1:15 pm: Lunchtime Cycle & Sculpt w/Kelly (Studio D)		
5:30-6:25 pm: Group Cycle w/Susan (Studio D)	5:30-6:25 pm: Pilates, Stretch, Balance & Tone w/Ilene (Studio B & C)	6-6:55 pm: High Intensity w/ Ellen (Studio A)	5:30-6:25 pm: Pilates, Stretch, Balance & Tone w/Ilene (Studio B & C)	6:30-7:25 pm: DancelT		
6-6:55 pm: High Intensity w/Ellen (Studio A)	7-7:50 pm: Water Wave Aerobics (Pool)	6:30-7:25 pm: DancelT (Studio D)	7-7:50 pm: Water Wave Aerobics (Pool)			
6:30-7:25 pm: DancelT (Studio D)	7-7:55pm - DancelT (Studio A)	9-9:50 pm: Water Wave Aerobics (Pool)	7-7:55 pm: DancelT (Studio A)			
7:30-8:25 pm: Swiss Ball w/Susan (Studio D)						
9-9:50 pm: Wave Water Aerobics (Pool)						

**Hollydays Pass**  
*These classes are FREE* if you are a Fitness Passport member! Not a member, but want to exercise over the holidays? You can participate in a select list of fitness classes between December 15-January 4. This is a great opportunity to try new classes!

**\$28 for Residents; \$38 Non-Residents**



# Hollydays Pass Schedule

December 15-January 4

*Location/Studio is listed next to Instructor*



Mon, Dec 22	Tue, Dec 23	Wed, Dec 24	Thu, Dec 25	Fri, Dec 26	Sat, Dec 27	Sun, Dec 28
<p>6-6:55 am: Group Cycle w/Therese (Studio D)</p> <p>9-9:50 am: Balance &amp; Stretch (50+) w/Ilene (Studio B &amp; C)</p> <p>9-9:55 am: Zumba w/ Sue (Studio A)</p> <p>10-10:50 am: Beginning Pilates (50+) w/Ilene (Studio B &amp; C)</p> <p>10:15-10:55 am: Triceps, Tummy, &amp; Tush w/Sue (Studio A)</p> <p>6-6:55 pm: High Intensity w/ Ellen (Studio A)</p> <p>6-6:55 pm: Zumba w/Sue (Studio D)</p> <p>9-9:50 pm: Water Wave Aerobics (Pool)</p>	<p>8-9 am: Cycle &amp; Sculpt w/ Marilyn (Studio D)</p> <p>9-9:55 am: Zumba w/Linda (Studio B &amp; C)</p> <p>5:30-6:25 pm: Cycle &amp; Sculpt w/ John (Studio D)</p> <p>5:30-6:25 pm: Pilates, Stretch, Balance &amp; Tone w/ Ilene (Studio B &amp; C)</p> <p>7-7:50 pm: Water Wave Aerobics (Pool)</p>	<p>No Classes</p> <p><b>Recreation Offices are CLOSED</b></p>	<p>No Classes</p> <p><b>Community Center and Recreation Offices are CLOSED</b></p> 	<p>8-8:55 am: Group Cycle w/Jerry (Studio D)</p>	<p>8:15-9:10 am: Group Cycle w/Therese (Studio D)</p> <p>9:05-9:55 am: Water Wave Aerobics (Pool)</p>	





# Hollydays Pass Schedule

December 15-January 4

*Location/Studio is listed next to Instructor*



Mon, Dec 29	Tue, Dec 30	Wed, Dec 31	Thur, Jan 1	Fri, Jan 2	Sat, Jan 3	Sun, Jan 4
<p>6-6:55 am: Group Cycle w/Therese (Studio D)</p> <p>9-9:50 am: Balance &amp; Stretch (50+) w/Ilene (Studio B &amp; C)</p> <p>9-9:55 am: Zumba w/ Sue (Studio A)</p> <p>9-9:55 am –Total Strength w/Nancy (Studio D)</p> <p>10-10:50 am: Beginning Pilates 50+ w/Ilene (Studio B/C)</p> <p>10:15-10:55 am: Triceps, Tummy, &amp; Tush w/Sue (Studio A)</p> <p>5:30-6:25 pm: Group Cycle w/Susan (Studio D)</p> <p>6-6:55 pm: Zumba w/ Sue (Studio A)</p> <p>7:30-8:25 pm: Swiss Ball w/Susan (Studio D)</p> <p>9:05-9:55 pm-Water Wave Aerobics (pool)</p>	<p>6-6:55 am: Total Strength w/Erin (Studio A)</p> <p>9-9:55 am: Zumba w/Linda (Studio B &amp; C)</p> <p>5:30-6:25 pm: Cycle &amp; Sculpt w/ John (Studio D)</p> <p>5:30-6:25 pm: Pilates, Stretch, Balance &amp; Tone w/ Ilene (Studio B &amp; C)</p> <p>7-7:50 pm: Water Wave Aerobics (Pool)</p>	<p style="text-align: center;"><b>Recreation Offices are CLOSED</b></p> <p>9-9:55 am: Zumba w/ Sue (Studio A)</p> <p>10:15-10:55 am: Triceps, Tummy, &amp; Tush w/ Sue (Studio A)</p> <div style="text-align: center;"> </div>	<p style="text-align: center;">No Classes</p> <p style="text-align: center;"><b>Recreation Offices are CLOSED</b></p>	<p>6-6:55 am: Group Cycle w/Erin (Studio D)</p>	<p>8:15-9:10 am: Group Cycle w/Therese (Studio D)</p> <p>9:05-9:55 am: Water Wave Aerobics (Pool)</p> <p>10:30-11:45 am: Cycle Extreme w/Susan (studio D)</p>	
					<p>Regular Passport schedule resumes January 5th!</p>	