

Programs and Classes

December 2019

★ NEW

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	9:00AM-10:00AM Tai Chi Ambre	6:30AM-7:15AM FIT (Fitness Intensity Training) Mariah	9:00AM-10:00AM Yoga Carolyn	
	10:00AM-10:45AM Silver Sneakers® Tayler	9:15AM-10AM Pilates Rene	10:00AM-10:45AM Silver Sneakers® Kyleigh	
11:00AM-11:30AM Core Challenge Brielle	10:45AM-11:15AM Core Tabata Brielle	10:00AM-11:00AM Corrective Exercises Rene	11:00AM-11:45AM Stretching 101 Luke	10:30AM-11:00AM New Tricks Tayler
11:45AM-12:30PM Intro to Weights Mariah	11:30-12:00PM KrankFusion™ Brielle	11:00AM-11:30AM Core Challenge Luke	11:00AM-12:00PM Climbing Tayler	11:15AM-12:00PM Silver Sneakers Stability™ Brielle
	★ Yoga Nidra 12:15pm-1:00PM Donna	★ 11:45AM-12:30PM Posture on Point (P.O.P) Miranda	12:00PM-12:30PM KrankFusion™	
	1:30PM-2:30PM Rowing	12:45PM-1:30PM Rejuvenate Your Mind & Body Donna		
			★ 2:30-4:00PM Wheelchair Pickleball	
4:45PM-5:15PM KrankFusion™ Katie	★ TEEN360 Ornament Making 12/3/19 ONLY 4:30-6:00PM		3:45PM-4:45PM Zumba® Justin	
5:30PM-6:30PM Kids Corner Diana	5:30PM-6:30PM Kids Corner Kyleigh	5:30PM-6:30PM Kids Corner Tayler	5:30PM-6:30PM Kids Corner Mariah	6:00PM-7:00PM W.O.W. Wheelchair Dance Justin
5:30PM-6:30PM Boot Camp Brielle	5:30PM-6:30PM Yoga Carolyn	5:30PM-6:30PM Boot Camp Luke	5:30PM-6:30PM Yoga Carolyn	
6:30PM-7:30PM Tai Chi Lynette	5:30PM-6:30PM TLC Lexie			
	6:30PM-7:30PM Climbing Katie	6:30PM-7:30PM Rowing	6:45PM-7:45PM Martial Arts Lori	Saturdays
		6:45pm-7:45pm Yoga Barb		Zumba® 9:30AM-10:30AM Justin
				12:30PM-1:30PM Climbing

Krank Fusion™ and Kids Corner Sign Up is Required

(Sign up at ability360.org under calendars, call the front desk at 602-386-4566, stop by the front desk, or **download our smart phone APP**)

<p>★ Did you know? WINTER FEST 12/14/2019 4-6PM FREE for Members Non-member \$5 Games, Prizes, & Katie Claus</p>	<p>December Class Cancellations Rejuvenate Your Mind & Body 12/4 TLC cancelled 12/17 Tai Chi cancelled 12/2, 12/9, 12/23 Yoga cancelled 12/17 Holiday Themed Classes ONLY 12/23 12/23 @ 11AM GingerShred 12/23 @ 11:45AM Oh Fitness Tree, Oh Fitness Tree</p>	<p>Facility Hours: 6:00am-8:30pm M-F Closed Sundays Holiday Hours: 12/24 & 12/25 CLOSED ★ 12/31 6AM-6PM 1/1/20 CLOSED unless YOU Sign up for 31 for 31!</p>
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