



Fitness Demonstrations

Tuesday, December 13th

- Induro Cycling – Christie Ogunnowo 7:15-7:45pm CB III

Thursday, December 15th

- Power Yoga – Allison Purcell 6:30-7:15pm Dance Studio
- Induro Cycling – Christie Ogunnowo 7:15-7:45pm CB III

Saturday, December 17th

- Vinyasa Yoga – Allison Purcell 8-8:45am Dance Studio
- Induro Cycling – Christie Ogunnowo 8:45-9:15am CB III
- Induro Cycling – Christie Ogunnowo 9:20-9:50am CB III

Monday, December 19th

- Tai Chi for Health – Susan Pomeroy 8-8:45am CB I
- Slimnastics – Rosie Shelton 9-9:45am CB Gym
- Power Lunch Zumba – Pat Middaugh 12:10-12:50pm CB Gym
- Belly Dancercise – JoAnne Zingo 5:30-6:15pm Dance Studio
- Power Yoga – Allison Purcell 5:30-6:15pm CB II
- Zumba – Susan King 5:30-6:15pm CB I
- Cardio Cycling – Melanie Johnson 5:40-6:10pm CB III
- Pilates – Crystal Shepherd 6:30-7:15pm CB II
- Belly Dance – JoAnne Zingo 6:30-7:15pm Dance Studio

Tuesday, December 20th

- Pilates Silver – Pat Middaugh 8:30-9:15am CB I
- Dance Fitness – Rosie Shelton 9-9:45am CB Gym
- Zumba Gold – Susan Pomeroy 9:15-10am CB I
- Kickboxing – Melanie Johnson 12:10-12:50pm CB II
- Pedal Pushers – Pat Middaugh 1-1:30pm CB III
- Max Abs – Christie Ogunnowo 5:15-5:45pm CBII
- Cross Training–Amanda Henry 5:30-6:15pm CB I
- Spin It – Jamie Frank 5:45-6:15pm CB III
- Kickboxing – Christie Ogunnowo 6-6:45pm CB II
- Pilates–Amanda Henry 6:30-7:15pm CB I

Wednesday, December 21st

- Vinyasa Yoga – Allison Purcell 5:30-6:15pm CB I
- Body Burn – Nicole Heck 5:45-6:30pm CB II
- Yogilates – Fran Hopkins 6:30-7:15pm CB I
- Spin – It – Allison Purcell 6:30-7pm CB III

Thursday, December 22nd

- Tone Zone – Crystal Shepherd 4:30-5:15pm CB I
- Dance Fitness – Rosie Shelton 5:30-6:15pm CB I
- Tai Chi for Arthritis – Susan Pomeroy 5:30-6:15pm Dance Studio
- Cardio X-Trainer – Nicole Heck 5:35-6:20pm CB II
- Yoga – K. Meisel 6:30-7:15pm CB I

