



Holiday Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>Normal Schedule</p>	<p>20</p> <p>Normal Schedule</p>	<p>21</p> <p>8:00 a.m. Total Body 9:05 a.m. Yoga 9:15 a.m. Cycle 10:30 a.m Step/Strength 12:15 p.m. HIT 5:45 p.m. Boot Camp</p>	<p>22</p> <p>8:30 a.m. Lift It 9:00 a.m. Beg. Yoga 9:15 a.m. Power Pump 10:30 a.m Fit & Feisty 12:15 p.m. Power Vinyasa 5:45 p.m. Vinyasa Yoga</p>	<p>23</p> <p>7:00 a.m. Intervals 8:00 a.m. Intervals 9:05 a.m. Yoga 9:45 a.m. Zumba 12:00 p.m. Cycle</p>	<p>24</p> <p>CLASSES CANCELLED</p> <p>25</p> <p>SPORTS CLUB CLOSED</p>
<p>26</p> <p>9:30 a.m. Zumba 12:00 p.m. HIT 6:00 p.m. Cycle</p>	<p>27</p> <p>6:15 a.m. Cycle 7:00 a.m. Mix & Match 8:30 a.m. Have A Ball 9:00 a.m. Beginner Yoga 9:15 a.m. Power Pump 10:30 a.m. Fit & Feisty 12:00 p.m. Cycle 12:15 p.m. Power Vinyasa 5:45 p.m. Vinyasa Yoga</p>	<p>28</p> <p>8:00 a.m. Total Body 9:05 a.m. Yoga 9:15 a.m. Cycle 10:30 a.m. Mat Pilates 10:30 a.m. Step/Strength 12:15 p.m. HIT 5:45 p.m. Boot Camp</p>	<p>29</p> <p>8:30 a.m. Lift It 9:00 a.m. Beg. Yoga 9:15 a.m. Power Pump 10:30 a.m Fit & Feisty 12:15 p.m. Power Vinyasa 5:45 p.m. Vinyasa Yoga</p>	<p>30</p> <p>7:00 a.m. Intervals 8:00 a.m. Intervals 9:05 a.m. Yoga 9:45 a.m. Zumba 12:00 p.m. Cycle</p>	<p>31</p> <p>CLASSES CANCELLED</p> <p>Sunday 1</p> <p>CLASSES CANCELLED</p>

For inclement weather, call 244-2421 for class cancellations. Happy Holidays!

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