

ACKERMAN SPORTS & FITNESS CENTER

GROUP FITNESS

HOLIDAY SCHEDULE

Monday, December 24 to Tuesday, January 1

MONDAY, DECEMBER 24 & DECEMBER 31

Time	Class	Instructor
7am-7:55am	Silver Sneakers	Joan
8am-8:55am	Tabata	Patti
9am-9:55am	BODYPUMP™	Joan
10am-10:55am	Total Conditioning	Patti
11am-11:45am	Functional Fit	Patti

TUESDAY, DEC. 25 (CLOSED) & JANUARY 1

Time	Class	Instructor
7:15am-8:10am	Silver Sneakers Yoga	Joan
8:15am-9am	Pilates	Joan
9:15am-10:10am	Cardio Strength	Joan
10:15am-11:10am	Yoga	Stacey
11:30am-12:25pm	AOA Fitness	Joan

WEDNESDAY, DECEMBER 26

Time	Class	Instructor
7am-7:55am	Silver Sneakers	Joan
8am-8:55am	Tabata	Patti
9am-9:55am	Spin	Lorri
10am-10:55am	Yogalates	Joan
11am-11:55am	AOA Fitness	Joan
12pm-12:55pm	Yoga and Meditation	Joan
5:30pm-6:25pm	WERQ	Sarella
6:30pm-7:25pm	Yoga	Steph
7:30pm-7:55pm	Spin Express	Steph
8pm-8:25pm	Hard Core Express	Steph

THURSDAY, DECEMBER 27

Time	Class	Instructor
5am-5:55am	Spin	Karen
6am-6:55am	Total Conditioning	Karen
7:15am-8:10am	Sneakers Yoga	Joan
8:15am-9:10am	Zumba	Loly
9:15am-10:10am	Cardio Strength	Joan
10:15am-11:10am	Yoga	Joan
11:30am-12:25pm	AOA Fitness	Joan
5:30pm-6:25pm	Boot Camp	Patti
6:30pm-6:55pm	Spin Express	Joan/Karen
7pm-7:25pm	BODYPUMP™ Express	Joan/Karen

FRIDAY, DECEMBER 28

Time	Class	Instructor
5:30am-6:25am	BODYPUMP™	Stacey
7:30am-8:25am	BODYPUMP™	Joan
8:30am-8:55am	Pilates Express	Joan
9am-9:55am	Spin	Joan
10am-10:55am	Total Conditioning	Patti
11am-11:45am	Boom Muscle	Stacey

SATURDAY, DECEMBER 29

Time	Class	Instructor
6am-6:55am	Spin	Mark
7am-7:55am	Spin	Karen
8am-8:55am	Total Conditioning	Karen
9am-9:55am	BODYPUMP™	Karen
10am-10:55am	WERQ	Sarella
11am-11:55am	Yoga	Stacey

SUNDAY, DECEMBER 30

Time	Class	Instructor
9am-9:55am	Yoga	Kelly
10am-10:55am	Vinyasa Yoga	Kelly
11am-11:55am	BODYPUMP™	Krista

Ackerman SFC Holiday Hours

Monday, December 24: 7am-1pm

Tuesday, December 25: CLOSED

Monday, December 31: 7am-1pm

Tuesday, January 1: 7am-1pm