

DECEMBER 2022

****BEGINS NOVEMBER 28****

Group Exercise Schedule: Stanwood-Camano

MONDAY	TUESDAY	WEDNESDAY
<p>5:15 am - Group Power with Michelle (M1)</p> <p>**9 am—Group Active with Gena (M1)</p> <p>**10 am - Deep Water Fitness with Katie (Lap Pool)</p> <p>**10:15am—Group Power with Dawn/Kaella (M1)</p> <p>**10:15 am - R30 (Cycle) with Gena (Cycle Studio)</p> <p>**11:00am—TRX with Carleeh (M2)</p> <p>**11:15 am - Forever Fit with Jamie (GYM)</p> <p>1 pm - Water Fitness with Teresa (Rec Pool)</p> <p>**4:30 pm—Yoga with Claudia (M2)</p> <p>**5:45 pm—Zumba with Lori (M1)</p>	<p>5:15am—Group Ride with Rebekah (Cycle Studio)</p> <p>7:30 - Water Fitness with Connie (Rec Pool)</p> <p>**8:45am—Group Ride with Michelle (Cycle Studio)</p> <p>**9 am - Group Power with Kaella (M1)</p> <p>**10:15am—Group Blast with Michelle (M1)</p> <p>**11:00 am - Chair Yoga with Sandy (M2)</p> <p>**4:30 pm - Group Fight with Michelle (M1)</p> <p>**5:45pm—Group Power with Dawn (M1)</p>	<p>5:15 am - Group Power with Michelle (M1)</p> <p>**9 am —TRX with Carleeh (M2)</p> <p>**10 am - Deep Water Fitness with Katie (Lap Pool)</p> <p>**11 am - Yoga with Sandy (M2)</p> <p>**11:15 am - Forever Fit with Jamie (GYM)</p> <p>1 pm - Water Fitness with Teresa (Rec Pool)</p> <p>**5:45 pm—Zumba with Lori (M1)</p>
THURSDAY	FRIDAY	SATURDAY
<p>5:15am—Group Ride with Rebekah (Cycle Studio)</p> <p>7:30 - Water Fitness with Connie (Rec Pool)</p> <p>**8:45am—Group Ride with Michelle (Cycle Studio)</p> <p>**9 am - Group Power with Kaella (M1)</p> <p>**10:15am—Group Blast with Michelle (M1)</p> <p>**11:00 am - Chair Yoga with Sandy (M2)</p> <p>**4:30 pm - Group Fight with Michelle (M1)</p> <p>**5:45pm—Group Power with Dawn (M1)</p>	<p>**9am—Group Active with Gena (M1)</p> <p>**10:00am—Deep Water Fitness with Katie (Lap Pool)</p> <p>**10:15am—Group Power with Michelle (M1)</p> <p>**10:15am - R30 (Cycle) with Gena (Cycle Studio)</p> <p>**11 am—Yoga with Sandy (M2)</p> <p>**11:15 am - Forever Fit with Katie (Gym)</p> <p>1:00pm—Water Fitness with Teresa (Rec Pool)</p>	<p>**Kids Zone is available</p> <p>The branch will be closed December 25—January 1 for Wellness Week</p>