

**Summer Mini Session
Land Group Fitness Class Schedule
Robinson Branch
December 14-January 2 Registration begins December 7!!!**

Week 1

Monday- Dec 14	Tuesday- Dec 15	Wednesday- Dec 16	Thursday- Dec 17	Friday- Dec 18
5:30am- PULSE 8:00am-Low Impact Aerobics 9:00am- C.O.R.E. Fit 4:30pm-Y Cycling	5:30am- Cycling 8:15am- C.O.R.E. Fit 9:05am- Moderate Intensity Strength 9:00am- Yoga 10:15am- Zumba 4:15pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE	5:30am- PULSE 8:00am- Low Impact Aerobics 8:00- Cycling 9:00am- C.O.R.E. Fit 4:30pm-Y Cycling	5:30am- Cycling 8:15am- C.O.R.E. Fit 9:05am- AOA Strength 9:00am- Yoga 10:15am- Zumba 4:15pm- Total Body Sculpt 5:30pm- PULSE 7:00pm- Yoga	5:30am- PULSE 8:00am- Low Impact Aerobics 8:00am- Cycling 9:00am- Step Aerobics Saturday- 19 7:30am- Strictly Strength 9:00am- Zumba

Week 2

Monday- Dec 21	Tuesday- Dec 22	Wednesday- Dec 23	Thursday- Dec 24	Friday- Dec 25
5:30am- PULSE 8:00am-Low Impact Aerobics 9:00am- C.O.R.E. Fit 4:30pm-Y Cycling	5:30am- Cycling 8:15am- C.O.R.E. Fit 9:05am- Moderate Intensity Strength 9:00am- Yoga 10:15am- Zumba 4:15pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE	5:30am- PULSE 8:00am- Low Impact Aerobics 8:00- Cycling 9:00am- C.O.R.E. Fit 4:30pm-Y Cycling	5:30am- Cycling 8:15am- C.O.R.E. Fit 9:05am- Moderate Intensity Strength 10:15am- Zumba Merry Christmas Eve!! Close at noon	Merry Christmas to each and every one of you!!! Closed all day Saturday- 26 7:30am- Strictly Strength

Week 3

Monday- Dec 28	Tuesday- Dec 29	Wednesday- Dec 30	Thursday- Dec 31	Friday- Jan 1
5:30am- PULSE 8:00am- Low Impact Aerobics 9:00am- C.O.R.E. Fit	5:30am- Cycling 8:15am- C.O.R.E. Fit 9:05am- Moderate Intensity Strength 10:15am- Zumba 4:15pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE	5:30am- PULSE 8:00am- Low Impact Aerobics 8:00- Cycling 9:00am- C.O.R.E. Fit	5:30am- Cycling 8:15am- C.O.R.E. Fit 9:05am- Moderate Intensity Strength 9:00am- Yoga 10:15am- Zumba <p style="text-align: center;">Happy New Year Eve!!</p> <p style="text-align: center;">Closed at 4:00pm.</p>	<p style="text-align: center;">Happy New Year!!!</p> <p style="text-align: center;">Closed all day!</p> <p><u>Saturday- 2</u> 7:30am- Strictly Strength 9:00am- Zumba</p>

Cost: HC Members- FREE, Basic Members- \$15, Non-Members- \$45.

Unlimited classes!

****You must register and bring your pass to EVERY class you participate in!**