



DECEMBER

Group Fitness Schedule

2018

Class Procedure

1. Check-in at Gym.
2. Pick-up "Class Card"
3. Give card to instructor in Group Exercise Building.

(302)539-8282

View Schedule On Line At
www.worldgymbethany.com

and Check Us Out on Facebook (search-World Gym Fitness Centers Bethany)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7:00am Cycle 45 w/ Dan 12/31-No Class						
8:00am Pilates Barre w/ Gini	8:15am Total Body Condition 45 w/ Val 12/25-No Class	8:00am Cycle 45 w/ Dan	8:00am BODYPUMP w/ Gini 12/27- Special Total Body with Val	8:00am Cycle 45 w/ Dan 12/28-w/ Eileen	8:00am Barre Fit 45 w/ Donna	
9:15am BODYPUMP w/ Gini	9:15am Beginners Yoga 75 w/ Lisa 12/18- w/ Deb. 12/25-No Class	9:00am Barre Sculpt w/ Val	9:15am Yoga Flow w/ Lisa 12/13- w/ Deb 12/20- w/ Deb 12/27-w/ Tania	9:15am Step Sculpt and Sweat w/ Val Dec. 7 & 21 with Donna	9:00am ZUMBA FITNESS w/ Charlotte 12/15-w/ Donna 12/22-Special LaBlast®	9:30am Total Body Condition w/ Val Dec. 16th Special Barre with Val
10:30am Yoga Stretch & Core w/ Gini	10:30am ZUMBA gold w/ Charlotte 12/25-No Class	10:15am Pilates 45 Core & Stretch w/ Val	10:30am Yin Yoga w/ Lisa 12/13- w/ Deb 12/20- w/ Deb 12/27-w/ Tania	10:30am Gentle Yoga w/ Tina	10:05am BODYPUMP w/ Gini	10:45am Yoga Butt Abs w/ Val
				4:15pm BODYPUMP w/ Jen D	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">★ CLASS CHANGES ★</p> <p style="text-align: center;">Holiday Hours</p> <p>Mon. 12/24 - 6am - 2pm</p> <p>Tues. 12/25 - Closed</p> <p>Mon. 12/31 - 6am - 6pm</p> <p>Tues. 1/1/19 - 9am - 6pm</p> <hr/> <p>Thursdays at 6:30PM is now LaBlast Fitness Dance Class with Charlotte</p> <hr/> <p>Sat. 12/22 at 9AM - Special LaBlast class with Charlotte</p> <hr/> <p>Thurs. 12/27 at 8:00am Special Total Body Condition</p> </div>	
5:15pm Kickboxing Core Crush w/ Jen D. 12/24-No Class 12/31-No Class	5:15pm Barre w/ Val 12/4 and 12/18 with Donna 12/25-No Class	5:15pm BODYPUMP w/ Jen D.	5:00pm Total Body Circuit Blast w/ Jen D.	5:30pm Cycle 60 w/ Jen D		
6:30pm Cycle 60 w/ Jen D. 12/24-No Class 12/31-No Class	6:30pm Yoga Flow with Deb F. 12/25-No Class	6:30pm Cycle 60 w/ Jen D.	6:30pm LaBlast Fitness Dance w/ Charlotte			