December Fitness Schedule

Fraser Valley Rec

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos *Group Exercise 1*	**Butts & Guts** 7:45-8:45 AM Stacy Cravens *Group Exercise 1*	**Power Hour** 7:45 - 8:45 AM Katie Hardie *Group Exercise 1*	**Spin & Sculpt** 7:45 - 8:45 AM Deanne Bugos *Group Exercise 1*	**Foundations of Strength-Ends 12/11** 7:45-8:45 AM Cherie Chan *HIIT Studio*	**Please note our holiday hours:** **Christmas Eve - 6:00AM - 4:00PM** **Christmas Day - Closed**	
Foundations of Strength-Ends 12/11 7:45-8:45 AM Cherie Chan *HIIT Studio*		**Foundations of Strength-Ends 12/11** 7:45-8:45 AM Cherie Chan *HIIT Studio*		**Yoga Fusion** 8:00 AM - 9:00 AM Christina Russell *Group Exercise 1*		
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty *Gymnastics Studio*						
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick **No Class 12/21 or 12/28**		**Silver Sneakers Splash** 9:00 - 10:00 AM Susan Meddick **No Class 12/23 or 12/30**	**Vinyasa Yoga** 9:00AM - 10:00AM Derik McCuistion *Group Exercise 2*	**Silver Sneakers Splash** 9:00 - 10:00 AM Ana Morales *Pool*		
SS Yoga 10:15 - 11:15 AM Dallas Franklin *Group Exercise 1* **No Class 12/21**	**SS Classic** 10:15 - 11:15 AM Mary Wagner *Group Exercise 1*	**Silver Sneakers Circuit** 10:15 - 11:15 AM Kristen Pinnick *Group Exercise 1*	**SS Yoga** 10:15 - 11:15 AM Kristen Pinnick *Group Exercise 1* **No Class 12/24**	**Silver Sneakers Classic** 10:15 - 11:15 AM Mary Wagner *Group Exercise 1*		**Power Vinyasa** Stacy Cravens 10:30AM - 11:30AM *Group Exercise 2*
Power Lunch 12:00-1:00 PM Lucy Sherman *Group Exercise 1* **Starts 12/14**		**Sunrise Circuits** 12:00-1:00 PM Lucy Sherman *Group Exercise 1* **Starts 12/16**	**WPCC** 1:30-2:30 PM *Group Exercise 2*			
				WPCC 3:00-4:00 PM *Group Exercise 1*		
Olympic Weightlifting 5:30-6:30PM Nico Rithner *HIIT Studio* **Series Ends 12/30**	**Align & Flow Yoga** 5:30PM - 6:30PM Megan Beener *Group Exercise 2*	**Olympic Weightlifting** 5:30-6:30PM Nico Rithner *HIIT Studio* **Series Ends 12/30**	**Mobility & Balance** 5:30-6:30 PM Parker Pearson *Group Exercise 2*	**Friday Night Spin** 5:30-6:30 PM Samuel Orseno *Group Exercise 1*		
FALL Jiu-Jitsu - Series Ends 12/16 **Age 6 - 9:** 4:30 - 5:20PM **Age 10 - 13:** 5:30 - 6:20PM **Adult 14+** 6:30 - 7:30 PM Raoni Orlandi *Group Exercise 1*		**FALL Jiu-Jitsu - Series Ends 12/16** **Age 6 - 9:** 4:30 - 5:20PM **Age 10 - 13:** 5:30 - 6:20PM **Adult 14+** 6:30 - 7:30 PM Raoni Orlandi *Group Exercise 1*		**Aerial Fabrics** 6:30-7:30 PM Bill Guerty *Gymnastics Studio*		

Classes at a Glance

- Aerial Fitness
- Strength Training Focus
- Active Aging
- Cardiovascular Focus
- Mind/Body
- Class Series
- Other

REGISTRATION

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Ser vices before attending class. Cancellations within 24 hours of the start of class result in a $5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.