



## Fitness Class Schedule December 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM	PILATES MS. BONNIE		PILATES MS. BONNIE			
8 AM	TAI CHI MS. SHUPING	SIT & BE FIT MS. SUZANNE	TAI CHI MS. SHUPING	SIT AND BE FIT MS. SUZANNE	TAI CHI MS. SHUPING	
9 AM	STRENGTH & TONE MS. CELIA	CORE MS. ANNETTE	YOGA MS. CELIA	STRENGTH AND TONE- CARDIO MS. SUZANNE	YOGA MS. ANNETTE	YOGA MS. ELLEN
10 AM	STABILITY BALL MS. CELIA	YOGA MS. ANNETTE	CLASSICAL STRETCH MS. ANNETTE	YOGA MS. ELLEN	CLASSICAL STRETCH MS. ANNETTE	STRENGTH & TONE MS. CELIA
11 AM	CARDIO DANCE MS. CELIA	POSTURAL FITNESS AND BALANCE MS. ANNETTE	STRETCH AND BALANCE MS. ANNETTE	POSTURAL FITNESS AND BALANCE MS. ANNETTE	CHAIR YOGA MS. ELLEN	
12:30 PM	YOGA MS. ANNETTE					
5 PM		YOGA MS. ELLEN		YOGA MS. CELIA		

### Fitness Hours

**MONDAY-FRIDAY**

**SATURDAY**

**SUNDAY**

*\*Please let the instructor know if you have any health issues-  
provided w/ emergency contact info.*

ACCESS CARD ONLY 4 - 6 AM\*\*  
DOORS OPEN 6 AM - 8 PM  
ACCESS CARD ONLY 8 - 11 PM\*\*

ACCESS CARD ONLY 4 - 6 AM\*\*  
DOORS OPEN 6 AM - 4 PM  
ACCESS CARD ONLY 4 - 11 PM\*\*

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DOORS OPEN 6 AM - 4 PM  
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**\*\*SKYLINE MEMBERSHIP HOURS WITH ACCESS CARD\*\***

**\*Classes must average 3 or more Members- to continue the following month.**