



# GROUP EXERCISE DECEMBER 2024

SCAN TO



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SUNDAY	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
UPLIFT 2:30 RANDI	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 B&B BETH	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 C BETH (gym) 6:30 Z LEAH	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS MISSY 4:15 PS ASHLEY 5:30 B&B JENNY 6:30 UL RANDI	6:00 Y BETH 9:00 PS STACEY 9:15 Y SAM(up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF RANDI 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 SDF RENA	6:00 PS BETH 9:00 SDF NANCY 11:15 SS TRACY
8	9	10	11	12	13
NO UPLIFT CLASS	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S STACEY 6:30 B&B JENNY	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE (up) 5:30 W/ST FRANK 6:30 C BETH (gym) 6:30 Z LEAH	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS ASHLEY 5:30 B&B KEITH 6:30 UL MISSY	6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE(up) 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF RANDI 5:30 W/S MARYBETH 5:30 Y SAM (up) 6:30 Z RENA	6:00 PS BETH 9:00 SDF NANCY 11:15 SS MISSY
15	16	17	18	19	20
NO UPLIFT CLASS	6:00 HIIT SAMANTHA 9:00 PS NANCY 10:15 M&G TRACY 11:15 SS Christmas Party 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 B&B JENNY	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 C BETH (gym) 6:30 Z LEAH	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS ASHLEY 5:30 B&B SAMANTHA 6:30 UL RANDI	6:00 Y BETH 9:00 PS NANCY 9:15 Y DANIELLE(up) 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF RANDI 5:30 Y SAM(up) 5:30 W/S FRANK 6:30 SDF RENA	6:00 PS STACEY 9:00 SDF NANCY 11:15 SS MISSY
22	23	24	25	26	27
UPLIFT 2:30 RANDI	6:00 HIIT SAMANTHA 9:00 PS MISSY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS KEITH 5:30 S&S MARYBETH 6:30 B&B BETH	<b>Christmas Eve</b> <b>PH&amp;FC hours</b> <b>5am-12pm</b>  <b>From all of US</b> <b>To all of YOU</b> <b>Merry Christmas!</b>	<b>Joy to the world the Lord has come! May the love of JESUS fill your heart &amp; home this Christmas!</b>	6:00 Y NO CLASS 9:00 PS ASHLEY 9:15 Y DANIELLE(up) 10:15 BLD DIXIE 11:15 GY DIXIE 4:30 SDF RANDI 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS JENNY 9:00 SDF NANCY 11:15 SS MISSY
29	30	31	1-Jan		
UPLIFT 2:30 RANDI	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS KEITH 5:30 S&S JR 6:30 B&B JENNY	<b>NO CLASSES</b>  <b>PH&amp;FC hours</b> <b>5am-12pm</b>	<b>PH&amp;FC CLOSED</b>  <b>Welcome 2025!</b>		
Cheers to a "New Year" that is promising, exciting, inspiring, full of Hope & Good Health	The Fun Begins in one of our Group Ex Classes @ PH&FC With so much to choose from, there is a class Perfect for YOU!	Please note: Instructors are subject to change on short notice	We offer a variety of dance classes here at PH&FC. Zumba, Zumba, SHINE, Move & Groove & Line dancing. Join a dance class today!	PH&FC offers 54 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!	We monitor attendance in all classes. If any particular class has consistently low attendance, that class runs the risk of being canceled.
					If you have any suggestions or questions about our classes Please contact Nancy Walker Thank you for supporting group exercise

CLASS KEY: (For class descriptions, please see reverse side)

- B&B Box & Burn
- BLD: Beginning Line Dancing
- C: Cycle
- GY:Gentle Yoga
- HCC: Hard Core Cycle
- HIIT:High Intensity Interval
- LD: Line Dancing
- M&G: Move & Groove
- PS: Power Sculpt
- S&S: Step & Sculpt
- SF: SHINE DANCE FITNESS™
- SS: SilverSneakers Classic
- UL: Uplift™
- W/S: War/Strength
- Y: Yoga
- Z: ZUMBA DANCE FITNESS