

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>FITNESS FACTORY CLASSES    DECEMBER 2018</h1> <p style="color: green;">Give the gift of fitness this holiday season with a gift certificate to Fitness Factory! Gift certificates can be used for supplements, apparel, tanning, personal training, and memberships.</p>						1 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-10:45am Group Cycling
2 12:15-1:00pm VRT 1:00-1:30pm Just Abs	3 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 4:30-5:00pm Flyte Fitness 5:15-6:15pm Hour of Power	4 6:00-6:45am TMT 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:30-5:00pm Kettlebell 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	5 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:00-9:30am Flyte Fitness 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	6 6:00-6:30am Group Cycling 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	7 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm TMT	8 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Group Cycling 9:05-10:05am Hour of Power 10:15-10:45am Group Cycling
9 12:15-1:00pm VRT 1:00-1:30pm Just Abs	10 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 4:30-5:00pm Flyte Fitness 5:15-6:15pm Hour of Power	11 6:00-6:45am TMT 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:30-5:00pm Kettlebell 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	12 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:00-9:30am Flyte Fitness 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	13 6:00-6:30am Group Cycling 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	14 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm TMT	15 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-10:45am Group Cycling
16 12:15-1:00pm VRT 1:00-1:30pm Just Abs	17 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 4:30-5:00pm Flyte Fitness 5:15-6:15pm Hour of Power	18 6:00-6:45am TMT 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:30-5:00pm Kettlebell 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	19 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:00-9:30am Flyte Fitness 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	20 6:00-6:30am Group Cycling 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	21 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm TMT	22 7:45-8:15am Kettlebell 8:15-9:00am H.I.T. 9:05-10:05am Hour of Power 10:15-10:45am Group Cycling
23/30 12:15-1:00pm VRT 1:00-1:30pm Just Abs	24/31 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell  <b>Open Christmas Eve and New Year's Eve until 5:00pm</b>	25 <b>Closed Christmas Day</b>	26 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:00-9:30am Flyte Fitness 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	27 6:00-6:30am Group Cycling 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	28 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm TMT	29 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-10:45am Group Cycling