








December 2021 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>* 45-minute class</p> <p>www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road</p>		<p>1</p> <p>5:30 am Cycling- Ilene 9:15 am Tabata & Toning- Liza</p> <p>5:15 pm Cycling- Ilene</p>	<p>2</p> <p>10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie</p> <p>5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba@- Joy</p>	<p>3</p> <p>9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza</p>	<p>4</p> <p>8:00 am- Step- Vickie</p>
<p>5</p> <p>8:15 am Cycling – Ilene</p>  <p>Happy Hanukkah</p>	<p>6</p> <p>9:15 am Boot Camp- Vickie</p>	<p>7</p> <p>9:30 am Zumba@- Paula</p> <p>5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen</p>	<p>8</p> <p>5:30 am Cycling- Ilene 9:15 am Tabata & Toning- Liza</p> <p>5:15 pm Cycling- Cara</p>	<p>9</p> <p>10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie</p> <p>5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba@- Joy</p>	<p>10</p> <p>9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza</p>	<p>11</p> <p>8:00 am Step- Vickie</p>
<p>12 Nov. 28- Dec. 6</p> <p>8:15 am Cycling – Liza</p>	<p>13</p> <p>9:15 am Boot Camp- Vickie</p>	<p>14</p> <p>9:30 am Zumba@- Paula</p> <p>5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen</p>	<p>15</p> <p>5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza</p> <p>5:15 pm Cycling- Ilene</p>	<p>16</p> <p>10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie</p> <p>5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba@- Joy</p>	<p>17</p> <p>9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza</p>	<p>18</p> <p>8:00 am Step- Vickie</p>
<p>19</p> <p>8:15 am Cycling- Liza</p>	<p>20</p> <p>9:15 am Boot Camp- Vickie</p>	<p>21</p> <p>9:30 am Zumba@- Paula</p> <p>5:30 pm Yoga- Sharon 6:30 pm Zumba@- Joy</p>	<p>22</p> <p>5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza</p> <p>5:15 pm Cycling- Ilene</p>	<p>23</p> <p>10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie</p> <p>5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba@- Kristen</p>	<p>24</p> <p>Christmas Eve</p>	<p>25</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Merry Fitness!!!</p>  </div>
<p>26</p> <p>8:15 am Cycling- Liza</p> 	<p>27</p> <p>9:15 am Boot Camp- Vickie</p>	<p>28</p> <p>9:30 am Zumba@- Cancelled</p> <p>5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen</p>	<p>29</p> <p>5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza</p> <p>5:15 pm Cycling- Cara</p>	<p>30</p> <p>10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Cancelled</p> <p>5:45 pm Line Dancing* (beginner) Liza</p>	<p>31</p> <p>9:00 am Yoga- Marty (virtual & in-person)</p> 	<p>Non-member drop-in rate is only \$5! And, your very first class is FREE!</p>