

December 2025 Cutting Edge Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Total Body 9am Cycle and Abs 5:30pm	2 Senior Fit 10am Yoga 6pm	3 Power Hour w/Stephanie 9am	4 Senior Fit 10am Power Hour w/Stephanie 5:30pm	5 Yoga 10:30am	6 *Dynamic Strength 8am Cycle and Abs 9am
8 Total Body 9am Cycle and Abs 5:30pm	9 Senior Fit 10am Tone-tastic 5:30pm Yoga 6pm	10 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	11 Senior Fit 10am Cardio Kickboxing 5:30pm	12 Mommy & ME 9am Yoga 10:30am	13 *Dynamic Strength 8am Cycle and Abs 9am
15 Power Hour w/Stephanie 9am Cycle and Abs 5:30pm	16 Senior Fit 10am Yoga 6pm	17 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	18 Senior Fit 10am Power Hour w/Stephanie 5:30pm	19 Yoga 10:30am	20 *Dynamic Strength 8am Cycle and Abs 9am
22 Total Body 9am Cycle and Abs 5:30pm	23 Ugly Sweater Senior Fit 10am  Tone-tastic 5:30pm Yoga 6pm	24 Ugly Sweater Power Hour w/Stephanie 9am  No Evening Kids Club Office closes at 2pm	25 Merry Christmas! Office Closed No Kids Club, No Group Fitness	26 Yoga 10:30am	27 *Dynamic Strength 8am Cycle and Abs 9am
29 Total Body 9am Cycle and Abs 5:30pm	30 Senior Fit 10am Yoga 6pm	31 Party Power Hour w/Stephanie 9am  No Evening Kids club Office closes at 2pm	December Attendance Challenge Attend the gym to be entered into our raffle *Fee Class - Drop-ins \$15.00 See front desk	Office Hours Monday – Thursday 10:30am to 6:30pm Friday 10:30am to 3:30pm	Kids Club Hours Monday – Thursday Morning 9:00am to 10:30am Evening 5:30pm to 7:00pm