




# Fitness Schedule December 2025



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30 AM	Closed						
5:45 AM							
6:00 AM		CSS Early Birds		Build & Sculpt		CSS Early Birds	
6:15 AM		6:00-7:00		6:00-7:00		6:00-7:00	
6:30 AM		w/Michael		w/ Rebecca		w/Michael	
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM		Mystery Monday	Muscle Pump		Muscle Pump	Tabata Barre	
8:30 AM		8:15-9:10	8:15-9:15		8:15-9:10	8:15-9:00	
8:45 AM		w/Kristie	w/Kristie		w/Kristie	w/Kristie	
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM		Thursday, December 11: Courts Close @ 4:30pm-Walking Track Open Friday, December 12: Courts Closed All Day-Walking Track Open Captain Gilmer Christian School Christmas Concert Friday, December 12 at 7pm Fletcher Academy Christmas Concert Saturday at 7pm					
11:15 AM							
11:30 AM							
11:45 AM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	Closed	Muscle Pump	Cardio Kickboxing		Tabata	Fitness Hours of Operations  Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED	
6:15 PM		5:15-6:15	5:15-6:15 w/Kristie	Total Strength Fitness	5:15-6:15 w/Kristie		
6:30 PM		w/Kristie		5:30-6:30 w/Lisa			
6:45 PM							
7:00 PM		TRX Combo	Spin-Off		Spin-Off		
7:15 PM		6:30-7:30	6:15-7:15		6:15-7:15		
7:30 PM		w/Lisa	w/Jeremy		w/Jeremy		
7:45 PM							

## Class Descriptions

**Balance N Motion** is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct your posture and improve balance as well as ease tension and stress.

**Build N Sculpt** is a body strength and sculpting class that works the upper, lower body and core using free weights to increase physical strength and endurance. Builds lean, toned muscle. A total body shaping class!

**Cardio Kickboxing** is a fun and interesting way to keep fit and burn calories. An intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

**CSS Early Birds** Choose growth or recovery options in this HIIT (High Intensity Interval Training) class that leads you through: CARDIO (cycle, walk, trampoline), STRENGTH (bells, bands, bars, balls, TRX), STRETCHING, STABILITY, & STRESS-REDUCTION. Worth getting up for!

**Muscle Pump** is total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

**Mystery Monday** Kick start your week with a mystery workout. Stay motivated in a group environment & enjoy a different workout every Monday with exercises designed for all.

**Pilates** is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

**"Spin-Off"** builds strength & improves cardiovascular efficiency as your instructor coaches you through the ride of your life! Did you know that cycling burns a ton of calories while also being easy on your joints? Suited for all fitness levels.

**Tabata** is a high intensity interval training for a total body work out. Uses different modalities of functional fitness. Continue to burn fat after you've left the gym!

**Tabata Barre** Best of Barre~Tabata style!

**Total Strength Fitness** Strengthen your whole body using kettlebells, dumbbells, resistance bands and body weight. Tone up, burn fat, and gain stability in this weight training class. Great for all exercise levels!

**TRX Combo** Suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously, while combined with free weights, kettlebells, bands, or balls, you're guaranteed to have a great fully body strength training experience. Perfect for all fitness levels.