

# Week of: *Christmas*

## Childcare And Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NO CHILDCARE</b>	 <b>NO CHILDCARE</b>	 <i>Wishing you, and yours a happy, healthy holiday!</i>	<b>NO CHILDCARE</b>	<b>NO CHILDCARE</b>	<b>NO CHILDCARE</b>	<b>NO CHILDCARE</b>
<u>Class Schedule</u> Kickboxing Power Hour Aqua Aerobics Aqua Arthritic Stakd Boxing Body By Barbell Shred HIIT	<u>Class Schedule</u> Rise and Grind Bootcamp Cardio Yoga Flow		<u>Class Schedule</u> Rise and Grind Cardio HIIT Strength Xpress Shred HIIT Ab Work Express	<u>Class Schedule</u> Bootcamp Power Hour Strong45 Aqua Aerobics Aqua Arthritic Yoga Beats	<u>Class Schedule</u> Kickboxing Strength Express Ab Work Express Spin Rhythms	<u>Class Schedule</u> Cardio HIIT Strength Xpress Shred HIIT Xpress Ab Work Xpress
<b>NO</b> <b>TRX Circuit</b> <b>POUND</b> <b>Aqua Zumba</b>	<b>NO</b> <b>Strong</b> <b>Zumba</b> <b>Stakd Step</b> <b>P90X</b> <b>Booty Work Xp</b> <b>Spin Rhythms</b>	<b>NO</b> <b>CHILDCARE</b> <b>NO CLASSES</b>	<b>NO</b> <b>Barre Flow</b> <b>Step HIIT Up</b> <b>Zumba</b> <b>Spin Rhythms</b>	<b>NO</b> <b>Turbo Kick</b>		

\*All classes listed are being held at their regular time unless otherwise posted.  
\*Schedule subject to change- check our fb group [wvfitx](#) or visit [wvfitness.com](#) for updates