


December

MON	TUE	WED	THUR	FRI	SAT	SUN
1 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm CDF Cheer Skills:3:45pm Power Sculpt:5:00pm Crossfit: 5, 6 & 7 pm YogaBlend: 6:00pm Cycling: 6:30pm TRX: 7:15pm Cardio Boxing: 8pm Fortune Handstand: 8pm	2 Yoga: 7:00am&9:00am Core: 12:15 Crossfit: 5, 6 & 7 pm TRX: 5:30pm Yoga W Tina:6:30pm Cycling: 6:30pm T4C: 8:00pm	3 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm DnceCmbokids:3:45pm Crossfit: 5:00pm YogaBlend: 6:00pm Crossfit Intro: 6:00pm Cycling: 6:30pm Crossfit: 7:00pm TRX: 7:15pm Intro Yoga: 8:00pm	4 Yoga: 7:00 & 9:00am Mike Fit: 12:15 Teen Team: 4-6pm Power Sculpt:5:30pm Crossfit: 5,6 & 7 pm Technique 101: 6:00pm Cycling: 6:30pm TRX: 7:15 pm	5 Crossfit: 6:30am Yoga: 12:00pm Hot Hula Keikis: 3:45 pm HIP HOP Kids:4:15pm Crossfit: 5:00pm CM KIDS ADV: 5:30pm Yoga: 6:30pm Crossfit: 7:00pm Salsa Class#3 8pm	6 Core & More: 9am Hatha Yoga:10:15am Crossfit: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35)	7 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3:pm Sundaze Crossfit: 4:pm Sundaze Restorative Yoga: 4:30pm
8 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm CDF Cheer Skills:3:45pm Power Sculpt:5:00pm Crossfit: 5, 6 & 7 pm YogaBlend: 6:00pm Cycling: 6:30pm TRX: 7:15pm Cardio Boxing: 8pm Fortune Handstand: 8pm	9 Yoga: 7:00am Yoga: 9:00am Core: 12:15 TRX: 5:30pm Crossfit: 5, 6 & 7 pm Cycling: 6:30pm Yoga W Tina:6:30pm T4C: 8:00pm	10 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm DnceCmbokids:3:45pm Crossfit: 5,6 & 7 pm YogaBlend: 6:00pm Cycling: 6:30pm TRX: 7:15pm Intro Yoga: 8:00pm Woman's Night	11 Yoga: 7:00 & 9:00am Mike Fit: 12:15 Teen Team: 4-6pm Power Sculpt:5:30pm Crossfit: 5,6 & 7 pm Technique 101: 6:00pm Cycling: 6:30pm TRX: 7:15 pm	12 Crossfit: 6:30am Yoga: 12:00pm Hot Hula Keikis: 3:45 pm HIP HOP Kids:4:15pm CM KIDS ADV: 5:30pm Yoga: 6:30pm Crossfit: 5 & 7 pm Salsa Class#4 8pm Discount Night	13 Core & More: 9am Hatha Yoga:10:15am Crossfit: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Closing at 5pm	14 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3:pm Sundaze Crossfit: 4:pm Sundaze RestorativeYoga: 4:30pm
15 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm CDF Cheer Skills:3:45pm Power Sculpt:5:00pm Crossfit: 5, 6 & 7 pm YogaBlend: 6:00pm Cycling: 6:30pm TRX: 7:15pm Cardio Boxing: 8pm Fortune Handstand: 8pm	16 Yoga: 7:00am&9:00am Core: 12:15 Crossfit: 5, 6 & 7 pm TRX: 5:30pm Cycling: 6:30pm Yoga W Tina: 6:30pm T4C: 8:00pm PARTNER NIGHT! ★	17 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm DnceCmbokids:3:45pm Crossfit: 5, 6 & 7 pm YogaBlend: 6:00pm Crossfit Intro: 6:00pm Cycling: 6:30pm TRX: 7:15pm Intro Yoga: 8:00pm	18 Yoga: 7:00&9:00am Mike Fit: 12:15 Teen Team: 4-6pm Crossfit: 5, 6 & 7 pm Power Sculpt:5:30pm Technique 101: 6:00pm Cycling: 6:30pm TRX: 7:15 pm	19 Crossfit: 6:30am Yoga: 12:00pm Hot Hula Keikis: 3:45 pm HIP HOP Kids:4:15pm Crossfit: 5:00pm CM KIDS ADV: 5:30pm Yoga: 6:30pm Crossfit: 7:00pm Salsa Class#5 8pm	20 Core & More: 9am Hatha Yoga:10:15am Crossfit: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) ★	21 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3:pm Sundaze Crossfit: 4:pm Sundaze RestorativeYoga: 4:30pm ★ Member and Staff Holiday Party 6pm
22 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm CDF Cheer Skills:3:45pm Power Sculpt:5:00pm Crossfit: 5, 6 & 7 pm YogaBlend: 6:00pm Cycling: 6:30pm TRX: 7:15pm Fortune Handstand: 8pm	23 Yoga: 7:00am&9:00am Core: 12:15 Crossfit: 5, 6 & 7 pm TRX: 5:30pm Yoga W Tina:6:30pm Cycling: 6:30pm T4C: 8:00pm	24 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm DnceCmbokids:3:45pm Closed at 6pm	25 WE are Closed on Xmas Day. 	26 open at 6:30am Crossfit: 6:30am Yoga: 12:00pm Hot Hula Keikis:3:45pm HIP HOP Kids:4:15pm Crossfit: 5:00pm CM KIDS ADV: 5:30pm Yoga: 6:30pm Crossfit: 7:00pm Free Guest Night	27 Core & More: 9am Hatha Yoga:10:15am Crossfit: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35)	28 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3:pm Sundaze Crossfit: 4:pm Sundaze RestorativeYoga: 4:30pm
29 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm CDF Cheer Skills:3:45pm Crossfit: 5, 6 & 7 pm Power Sculpt:5:00pm YogaBlend: 6:00pm Cycling: 6:30pm TRX: 7:15pm Fortune Handstand: 8pm	30 Yoga: 7:00 & 9am Core: 12:15 Crossfit: 5, 6, & 7pm TRX: 5:30pm Cycling: 6:30pm Yoga W Tina:6:30pm T4C: 8:00pm	31 Crossfit: 6:30am TRX: 9:00 am DnceCmbokids:3:45pm Closed at 8pm (Open at 6:30 am Jan 1st)	News for December and beyond DRG MEMBER and Staff Holiday Party December 21st • Holiday Kid Camp 10am to 1pm Dec 22-24 • Tina now leading Tuesday eve Yoga • Did you know we have cycling classes? • No Kate Yoga classes on Jan 1 & 2 • Ultimate Fitness Experience Jan 17th Member & Staff Party Dec 21st!		Intro to Climbing! FREE to Members, \$29 for non-members M-F 4:30pm, 6:00pm, 7:30pm S/S 11:30am, 1:00pm, 3:00pm Intro to Climbing PLUS Tues & Thurs 7:30pm Free Technique Clinics Thursdays 6pm	Challenge List! 127 Hans Florine 120 Carl Gustavusen 114 Chris Coehlo 107 Thom Darr 103 Valyrie Gillum 103 Dennis Mudget 100 Kristina Brophy 99 Molly Judget 98 Melinda Johnson 98 April Brough

CROSSFIT

5pm M-F Group class
 6pm M-TH Intro Class
 7pm M-F Group Class
 6:30am MWF Group Class(not Thursdays)
 10am Sat & 3pm Sun Group Class
 4pm Sundaze Class **CoCo team:**Doron/Rosy/Anthony/Alex/Evan/Rebecca/Shaul/Cris/Henry



TRX

M 9am Thurs 7:15 pm - Josh
 T 5:30 pm W 7:15pm - Mike
 M 7:15pm / W 9:00am - Julie

CORE/T4C/POWER SCULPT

Tues 8pm - Mike H.
 T/TH 12:15pm - Mike
 M 5 Th 5:30 to 6:30pm - Doris

YOGA

M/W/F 12-1:00pm - Kate (Mixed level)
 T/Th 9:00-10:30am - Kate
 T/Th 7:00-8:15am (Flow) Sun 9:15 (Inter) - Tina
 Tues 6:30pm - Tina
 W 8pm- Caleb (Intro)
 MW 6:00pm F 6:30pm- Melissa (Hatha)
 Sat 9:30 am - Melissa (Hatha)
 4:30-5:30pm (restoratives) - Kate

CARDIO BOXING

Mon 8:00-9:00pm - Harmony/Eric

INDOOR CYCLING

M 6:30-7:30pm - Ruben
 Tues 6:30-7:30pm - Mike
 W&TH 6:30 - Doris

PERSONAL TRAINERS

Mike Herschberger, Julie Spiker,
 Ruben Vaughn, Kate Douglas,
 Doris Via, Mike Rogers, Doron Serban, Shaul Serban, Christi Brown, Melissa Mahan,
 Stanley Forsyth, Doris Via, Rosy Audette