## Holiday Schedule

### Dan Abraham Healthy Living Center

**December 24-31, 2018**

### Monday, December 24

<table>
<thead>
<tr>
<th>Pool</th>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Splash No Instr</td>
<td>Yoga Mike</td>
</tr>
<tr>
<td>9:30am</td>
<td>6:15-7am</td>
</tr>
<tr>
<td>AOA Aqua Brent B.</td>
<td>Yoga Allison</td>
</tr>
<tr>
<td>11:15am-Noon</td>
<td>6:15-7am</td>
</tr>
<tr>
<td>Barefoot Power Laura</td>
<td>12:15-1pm</td>
</tr>
</tbody>
</table>

### Tuesday, December 25

<table>
<thead>
<tr>
<th>Pool</th>
<th>Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Splash No Instr</td>
<td>Fusion 45 Anthony</td>
</tr>
<tr>
<td>9:30am</td>
<td>5:45am</td>
</tr>
<tr>
<td>Aqua Mixx Brent B.</td>
<td>Fusion 45 Nicole</td>
</tr>
<tr>
<td>3:30-4:15pm</td>
<td>9:15-10am</td>
</tr>
</tbody>
</table>

### Wednesday, December 26

<table>
<thead>
<tr>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Mike</td>
</tr>
<tr>
<td>6:15-7am</td>
</tr>
<tr>
<td>Yoga Basics Darin</td>
</tr>
<tr>
<td>9:15-10am</td>
</tr>
<tr>
<td>Yoga Basics Darin 11:15am-Noon</td>
</tr>
<tr>
<td>12:15-1pm</td>
</tr>
<tr>
<td>AT Mind in Motion Laurel</td>
</tr>
<tr>
<td>1:15-2pm</td>
</tr>
<tr>
<td>Yoga Allison</td>
</tr>
<tr>
<td>4:30-5:15pm</td>
</tr>
</tbody>
</table>

### Thursday, December 27

<table>
<thead>
<tr>
<th>Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fusion 45 Lynne Yoga Basics</td>
</tr>
<tr>
<td>6:15-7am</td>
</tr>
<tr>
<td>Core Express Chad Yoga</td>
</tr>
<tr>
<td>7:15-7:30am</td>
</tr>
<tr>
<td>AOA Fusion Express Chad Yoga Basics</td>
</tr>
<tr>
<td>8:30-9am</td>
</tr>
<tr>
<td>AOA Fusion Chad AT Mind in Motion Laurel</td>
</tr>
<tr>
<td>9:15-10am</td>
</tr>
<tr>
<td>Fusion Express Raegan Yoga Marisa</td>
</tr>
<tr>
<td>11:15-11:45am</td>
</tr>
<tr>
<td>Fusion Express Andy Core Express Andy 4:30-4:45pm</td>
</tr>
<tr>
<td>3:45-4:15pm</td>
</tr>
<tr>
<td>Fusion Express Drew</td>
</tr>
<tr>
<td>4:30-5:15pm</td>
</tr>
</tbody>
</table>

### Multipurpose A

<table>
<thead>
<tr>
<th>Multipurpose B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power 45 Chad Cycle Kelly</td>
</tr>
<tr>
<td>5:45am</td>
</tr>
<tr>
<td>Barefoot Power Christina</td>
</tr>
<tr>
<td>12:15-1pm</td>
</tr>
<tr>
<td>Strength Express Brent B.</td>
</tr>
<tr>
<td>4:30-5pm</td>
</tr>
</tbody>
</table>

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**DAHLC Closed**

**DAHLC Closes at 3pm**
# Holiday Schedule

**Dan Abraham Healthy Living Center**

## December 24-31, 2018

### Friday, December 28

<table>
<thead>
<tr>
<th>Pool</th>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Splash</td>
<td>No Instr.</td>
</tr>
<tr>
<td>9-9:30am</td>
<td>Yoga Basics</td>
</tr>
<tr>
<td></td>
<td>Amy S. 8:15-7am</td>
</tr>
<tr>
<td>AOA Aqua</td>
<td>Yoga Basics</td>
</tr>
<tr>
<td>9:30-10:25am</td>
<td>Laurel 10:15-11am</td>
</tr>
<tr>
<td>Beach Volleyball</td>
<td>Yoga Basics</td>
</tr>
<tr>
<td>10:30-11am</td>
<td>Mike 11:15am-Noon</td>
</tr>
</tbody>
</table>

### Saturday, December 29

<table>
<thead>
<tr>
<th>Multipurpose A</th>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>STRONG</td>
<td>Tara 8:15-9:15am</td>
</tr>
<tr>
<td>Yoga Basics</td>
<td>Kay 8:30-9:30am</td>
</tr>
<tr>
<td>Yoga Basics</td>
<td>Kay 9-9:15am</td>
</tr>
</tbody>
</table>

### Sunday, December 30

<table>
<thead>
<tr>
<th>Multipurpose A</th>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength</td>
<td>Brent B. 10-11:15am</td>
</tr>
<tr>
<td>Core Express</td>
<td>Lisa 11:15-11:45am</td>
</tr>
<tr>
<td>Power 45</td>
<td>Lisa 1:15-2pm</td>
</tr>
</tbody>
</table>

### Monday, December 31

<table>
<thead>
<tr>
<th>Pool</th>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Splash</td>
<td>No Instr.</td>
</tr>
<tr>
<td>9-9:30am</td>
<td>Yoga 9:30-10:25am</td>
</tr>
<tr>
<td>AOA Aqua</td>
<td>Brent B. Barefoot Power</td>
</tr>
<tr>
<td>9:30-10:25am</td>
<td>Laura 12:15-1pm</td>
</tr>
</tbody>
</table>

### Tuesday, January 1

<table>
<thead>
<tr>
<th>Mind/Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training</td>
</tr>
<tr>
<td>Fusion Express 9:15-10am</td>
</tr>
<tr>
<td>Fusion 45 9:15-10am</td>
</tr>
<tr>
<td>Fusion Express 11:15-11:45</td>
</tr>
<tr>
<td>Fusion Express 12:15-1pm</td>
</tr>
<tr>
<td>Fusion Express 1:15-1:45pm</td>
</tr>
<tr>
<td>Fusion Express 2:2-2:15pm</td>
</tr>
</tbody>
</table>

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All listed classes and instructors are subject to change or cancellation.

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**HAPPY NEW YEAR**

DAHLC Closes at 3pm

DAHLC Closed