HOLIDAY SCHEDULE  
December 23-January 5  
Dan Abraham Healthy Living Center

### Monday, December 23
- **Pool**
  - Social Splash: No Instr.
  - AOA Aqua: Brent B.
  - AOA Fusion: Brent B.
  - Beach Volleyball: Brent B.

- **Training**
  - Fusion Express: Chad
  - Swim Express: Brent L.
  - Fusion Express: Terri

- **Mind/Body**
  - Social Splash: No Instr.
  - Fusion 45: Chad
  - Aqua Mixx: Brent B.
  - Yoga Basics: Marisa
  - AOA Fusion: Brent B.
  - AOA Fusion: Chad
  - AOA Fusion: Amy K.

- **Multipurpose B**
  - EX4: Lynne
  - EX4: Lynne
  - EX4: Andy
  - EX4: Andy

- **Multipurpose A**
  - Barefoot Power: Laura
  - Cycle: Julie
  - Strength Express: Kelly
  - STRONG: Kelly

- **Cycle**
  - 5:30-6:15pm

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### Tuesday, December 24
- **Pool**
  - Social Splash: No Instr.
  - AOA Aqua: Brent B.
  - AOA Fusion Express: Chad

- **Training**
  - Fusion Express: Chad
  - Swim Express: Brent L.
  - Fusion Express: Terri

- **Mind/Body**
  - Social Splash: No Instr.
  - Fusion 45: Chad
  - Aqua Mixx: Brent B.
  - Yoga Basics: Marisa
  - AOA Fusion: Brent B.
  - AOA Fusion: Chad
  - AOA Fusion: Amy K.

- **Multipurpose B**
  - EX4: Lynne
  - EX4: Lynne
  - EX4: Andy
  - EX4: Andy

- **Multipurpose A**
  - Barefoot Power: Laura
  - Cycle: Julie
  - Strength Express: Kelly
  - STRONG: Kelly

- **Cycle**
  - 5:30-6:15pm

### Wednesday, December 25
- **Holiday Holiday**
- **Closed December 25**
- **DAHLC Closes at 3pm on December 24**

### Thursday, December 26
- **Pool**
  - Social Splash: No Instr.
  - AOA Aqua: Brent B.

- **Training**
  - Fusion Express: Chad
  - Swim Express: Brent L.
  - Fusion Express: Terri

- **Mind/Body**
  - Social Splash: No Instr.
  - Fusion 45: Chad
  - Aqua Mixx: Brent B.
  - Yoga Basics: Marisa
  - AOA Fusion: Brent B.
  - AOA Fusion: Chad
  - AOA Fusion: Amy K.

- **Multipurpose B**
  - EX4: Lynne
  - EX4: Lynne
  - EX4: Andy
  - EX4: Andy

- **Multipurpose A**
  - Barefoot Power: Laura
  - Cycle: Julie
  - Strength Express: Kelly
  - STRONG: Kelly

- **Cycle**
  - 5:30-6:15pm

### Friday, December 27
- **Pool**
  - Social Splash: No Instr.
  - AOA Aqua: Brent B.

- **Training**
  - Fusion Express: Chad
  - Swim Express: Brent L.
  - Fusion Express: Terri

- **Mind/Body**
  - Social Splash: No Instr.
  - Fusion 45: Chad
  - Aqua Mixx: Brent B.
  - Yoga Basics: Marisa
  - AOA Fusion: Brent B.
  - AOA Fusion: Chad
  - AOA Fusion: Amy K.

- **Multipurpose B**
  - EX4: Lynne
  - EX4: Lynne
  - EX4: Andy
  - EX4: Andy

- **Multipurpose A**
  - Barefoot Power: Laura
  - Cycle: Julie
  - Strength Express: Kelly
  - STRONG: Kelly

- **Cycle**
  - 5:30-6:15pm

### Saturday, December 28
- **Pool**
  - Social Splash: No Instr.
  - AOA Aqua: Brent B.

- **Training**
  - Fusion Express: Chad
  - Swim Express: Brent L.
  - Fusion Express: Terri

- **Mind/Body**
  - Social Splash: No Instr.
  - Fusion 45: Chad
  - Aqua Mixx: Brent B.
  - Yoga Basics: Marisa
  - AOA Fusion: Brent B.
  - AOA Fusion: Chad
  - AOA Fusion: Amy K.

- **Multipurpose B**
  - EX4: Lynne
  - EX4: Lynne
  - EX4: Andy
  - EX4: Andy

- **Multipurpose A**
  - Barefoot Power: Laura
  - Cycle: Julie
  - Strength Express: Kelly
  - STRONG: Kelly

- **Cycle**
  - 5:30-6:15pm

### Sunday, December 29
- **Pool**
  - Social Splash: No Instr.
  - AOA Aqua: Brent B.

- **Training**
  - Fusion Express: Chad
  - Swim Express: Brent L.
  - Fusion Express: Terri

- **Mind/Body**
  - Social Splash: No Instr.
  - Fusion 45: Chad
  - Aqua Mixx: Brent B.
  - Yoga Basics: Marisa
  - AOA Fusion: Brent B.
  - AOA Fusion: Chad
  - AOA Fusion: Amy K.

- **Multipurpose B**
  - EX4: Lynne
  - EX4: Lynne
  - EX4: Andy
  - EX4: Andy

- **Multipurpose A**
  - Barefoot Power: Laura
  - Cycle: Julie
  - Strength Express: Kelly
  - STRONG: Kelly

- **Cycle**
  - 5:30-6:15pm
### HOLIDAY SCHEDULE
December 23-January 5

#### Dan Abraham Healthy Living Center

<table>
<thead>
<tr>
<th>Day</th>
<th>Pool</th>
<th>Mind/Body</th>
<th>Training</th>
<th>Multipurpose A</th>
<th>Multipurpose B</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday, December 30</strong></td>
<td></td>
<td></td>
<td><strong>Mind/Body</strong></td>
<td><strong>Multipurpose B</strong></td>
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<tr>
<td>Social Splash</td>
<td>No Instr.</td>
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<td>Fusion 45 Chad 6:15-7am</td>
<td>Strength Express Heidi 6:30-3am</td>
<td>Fusion Express Andy 6:15-7am</td>
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<tr>
<td>AOA Aqua</td>
<td>Brent B.</td>
<td></td>
<td>AOA Fusion Express Chad</td>
<td>Core Express Heidi 9:30-5:30am</td>
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<tr>
<td>Beach Volleyball</td>
<td>Brent B.</td>
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<td>Strength Express Josh 11:15-11:45am</td>
<td>AOA Fusion Express Amy K. 8:15-10am</td>
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<tr>
<td>Fusion Express</td>
<td>Lori</td>
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<td>Fusion Express Lisa</td>
<td>Quick Fixx Josh 12-12:30pm</td>
<td>Fusion Express Anthony 11:15-11:45am</td>
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<td>Stephanie</td>
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<td>Yoga Stephanie 11:15-11:45am</td>
<td>Quick Fixx Josh 12-12:30pm</td>
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**DAHLC closes at 3pm on December 31**

**Closed January 1**