

DECEMBER 2025

HUNTINGTON POINTE FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-9:50AM STRENGTH SEPTEMBER	 8:30-9:20 AM YOGA SHARON J	8:30-9:20 AM CHAIR SCULPT SHARON S	8:30-9:20 AM AEROBICS BENY	8:30-9:20 AM 20/20/20 SHARON
9:30-10:30 AM WATER AEROBICS JUDY	10:00-11:00AM WATER AEROBICS SEPTEMBER	9:30-10:30 AM WATER AEROBICS SEPTEMBER	9:30-10:30 AM WATER AEROBICS HAPPY	9:30-10:30 AM WATER AEROBICS AMY	10:00-11:00 AM WATER AEROBICS MICAH
			9:30-10:20 AM ZUMBA CRIS	10:00-10:50 AM LATIN CARDIO CRIS	
1:00-1:50 PM TAI CHI BEBE	11:00-11:50 AM CHAIR YOGA ALEX	11:00-11:50 AM FUNCTIONAL FITNESS BENY	11:00-11:50 AM CHAIR YOGA LEIZA		
2:00-2:50 PM TAI CHI BEBE			12:00-12:50 AM SENIOR PLUS CHAIR YOGA ALEX		
3:15-4:05 PM BALANCE JONATAN		4:15-5:05 PM BALANCE JONATAN		4:15-5:05 PM BALANCE JONATAN	

BodyWellness®



"December, being the last month of the year, cannot help but make us think of what is to come."

— FENNEL HUDSON

UPCOMING HOLIDAY CLASS **CANCELLATIONS:**

12/24 WEDNESDAY -
CHRISTMAS EVE

12/25 THURSDAY -
CHRISTMAS DAY

12/31 WEDNESDAY -
NEW YEAR'S EVE

GYM SUPERVISION HOURS W/ JASON

MON DEC 15TH
8AM-4PM

TUES DEC 16TH
8AM-4PM

