



# December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>3</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>4</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	<b>5</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	<b>6</b> 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol)  <b>*PFCC Closes @ 4pm for Christmas Event</b>	<b>7</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	<b>8</b>
<b>9</b>	<b>10</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>11</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	<b>12</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	<b>13</b> 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	<b>14</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	<b>15</b>
<b>16</b>	<b>17</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 The 12 Sets of Christmas( Shannon)	<b>18</b> 9:00 Spin (Carol)  <b>*PFCC Closed 10:30am-2pm</b>  5:30 Cardio Acceleration (Rissa)	<b>19</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	<b>20</b> 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	<b>21</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	<b>22</b>
<b>23</b>	<b>24</b> 	<b>25</b>	<b>26</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 <b>No Class</b> 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	<b>27</b> 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 <b>No Class</b>	<b>28</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 <b>No Class</b>	<b>29</b>
<b>30</b>	<b>31</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)					