



December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	2
3	4 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	5 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	6 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	7 9:00 Body Pump (Carol) 10:30 Fit for Life (Rissa) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob) 5:30 Cardio Acceleration (Rissa)	8 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	9
10	11 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	12 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	13 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	14 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	15 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	16 
17 	18 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	19 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	20 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	21 9:00 Body Pump (Carol) 10:30 Fit for Life (Rissa) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob) 5:30 Cardio Acceleration (Rissa)	22 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	23
24	25 Center Closed Christmas Day 	26 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	27 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	28 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	29 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	30
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