

Fitness December

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 6:00 Zumba Express (Emily)	3 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	4 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	5 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) No Cardio Acceleration No Zumba	6 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	7 9:00 Zumba (Rudy)	
8	9 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	10 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Cardio Dance (Carol)	11 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	12 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	13 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 No Silver Sneakers Class 5:30 iSweat (Rissa)	14 9:00 Zumba (Rudy)	
15	16 9:00 No Class 10:00 No Class 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	17 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	18 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	19 8:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 ZUMBA CLASS (Emily)	20 9:00 Zone Tone (Carol) 10:30 iTone (Rudy) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Emily)	21 9:00 Zumba (Rudy)	
22	23 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rudy) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	24 CLOSED CHRISTMAS EVE	25 Closed Christmas Day	26 8:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Jessica) 5:30 Cardio Acceleration (Emily) 6:30 Zumba (Emily)	27 9:00 Zone Tone (Jessica) 10:30 iTone (Rudy) No silver sneakers No Isweat	28 9:00 Zumba (Rudy)	
29	30 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 6:00 Zumba Express (Emily)	31 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 12:00 Zumba (Rudy)					

