





December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	2 6:45am Yoga (Amy) 9:00 Power Camp/Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	3 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga (Amy) 5:00 Pull (Jacob)	4 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	5
6 	7 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 i!llove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	8 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Danielle) 4:30 Fun Run (Jacob)	9 6:45am Yoga (Amy) 9:30 Power Camp/Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	10 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga (Amy)	11 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	12
14 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 i!llove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	15 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Danielle) 4:30 Fun Run (Jacob)	16 6:45am Yoga (Amy) 9:00 Power Camp/Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	17 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga (Amy) 5:00 Pull (Jacob)	18 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	19	20
21 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 i!llove (Rissa) 4:50 Yoga (Amy)	22 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Danielle) 4:30 Fun Run (Jacob)	23 6:45am Yoga (Amy) 9:00 Power Camp/Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	24 Closed 	25 Closed 	26	27
28 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 i!llove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	29 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Danielle) 4:30 Fun Run (Jacob)	30 6:45am Yoga (Amy) 9:00 Power Camp/Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	31 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga (Amy) 5:00 Pull (Jacob)	HAPPY NEW YEAR 		