

# PFCC DECEMBER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
2 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M Flow (Marisa) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy)	3 9:00 A.M. Pedal Power (Carol) 10:30 A.M. Fit For Life (Carol) 6:00 P.M. Ready, Set, Sweat (Bre)	4 6:45 A.M Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	5 8:00 A.M. Cycle Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 11:45 A.M. Midday Movement (Marisa) 5:00 P.M. Flow (Marisa)	6 7:45 A.M. Yoga Field Trip (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol)	7 9:00 A.M. Zumba (Skarlyn)
9 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M Flow (Marisa) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy)	10 9:00 A.M. Pedal Power (Carol) 10:30 A.M. Fit For Life (Carol) 6:00 P.M. Ready, Set, Sweat (Bre)	11 6:45 A.M Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	12 8:00 A.M. Cycle Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 11:45 A.M. Midday Movement (Marisa)	13 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol)	14 8:15 A.M. Weekend Warrior (Bre) 9:00 A.M. Zumba (Skarlyn)
16 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M Flow (Marisa) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy)	17 9:00 A.M. Pedal Power (Carol) 10:30 A.M. Fit For Life (Carol) 6:00 P.M. Ready, Set, Sweat (Bre)	18 6:45 A.M Gentle Yoga (Kappy) 9:30 A.M. Power Camp / Kettlebell (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	19 8:00 A.M. Cycle Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 11:45 A.M. Midday Movement (Marisa) 5:00 P.M. Flow (Marisa)	20 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol)	21 8:15 A.M. Weekend Warrior (Bre)
23 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy)			26 8:00 A.M. Cycle Express (Kappy) 10:30 A.M. Fit For Life (Kappy)	27 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Jessica) 10:30 A.M. iTone (Rissa) 10:30 A.M. Chair Yoga (Kappy)	28 8:15 A.M. Weekend Warrior (Bre) 9:00 A.M. Zumba (Skarlyn)
30 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M Flow (Marisa) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy)	31 6:00 P.M. Ready, Set, Sweat (Bre)				