


December PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes in bold are new *classes with an asterik are held in the yoga/pilates rm	1 12:15- ME- Dee Dee 4:45- Hi/lo- Waddell 5:30- Pump- Wendi * 75 Minutes 6:45- Bootcamp- Nick	2 1:05 Moderate- <i>Laura</i> 2:00- SilverSneakers® - Joanne 4:05 Kids Zumba (ages 5-10)- Carlotta 4:45 Zumba Gold- Collette 5:30-Cardio Kickbox- Wendy 6:35- Beginner's Yoga-Teresa	3 12:15- Coreblast- Joe (30 mins) 5:30- Butts N' Guts- Wendi 6:35 Metabolic Effect-James 7:05- Uppercut- Mark	4 1:05 Moderate- Joanne 2:00- SilverSneakers® - Laura 4:05- Family Bootcamp- Carla 4:45- Cardio Combo- Constance 5:30-Muscle to Bone- Rob 6:35-Zumba®- Cortney	5 6:00 Holiday Meltdown- Lauren * 75 mins	6 Mistletoe Race
7 3:00 Family Zumba- Pam 4:30- All Yoga- Jacob	8 12:15- ME- Dee Dee 4:45- Hi/lo- Gina 5:30- Pump- Wendi * 75 Minutes 5:30- *Bellydance-Chris 6:45- Bootcamp-Lauren	9 1:05 Moderate- <i>Laura</i> 2:00- SilverSneakers® - Joanne 4:05 Kids Zumba (ages 5-10)- Carlotta 4:45 Zumba Gold- Carlotta 5:30-Cardio Kickbox- Sarah 6:35- Beginner's Yoga- Colleen	10 12:15- Coreblast- Joe (30 mins) 5:30- Pump- Nick 6:35 Metabolic Effect- James 7:05- Uppercut- Mark	11 1:05 Moderate- Joanne 2:00- SilverSneakers® - Laura 4:05- Family Bootcamp- Carla 4:45- Cardio Combo- Constance 5:30-Muscle to Bone- Rob 6:35-Zumba®- Cortney	12 6:00 Holiday Meltdown- Nick * 75 mins	13
14 3:00-Family ZUMBA- Pam 4:30-All Yoga-Nancy	15 12:15- ME- Dee Dee 4:45- Hilo- Waddell 5:30- Pump- Jennifer * 75 Minutes 6:45- Bootcamp-Nick	16 1:05 Moderate- Laura 2:00- SilverSneakers® - Joanne 4:05 Kids Zumba (ages 5-10)-Carlotta 4:45- Zumba Gold- Carlotta 5:30-Cardio Kickbox-Sarah 6:35- Beginner's Yoga-Teresa	17 12:15- Coreblast- Joe (30 mins) 5:30 - Butts N' Guts- Wendi 6:35- Metabolic Effect- Teresa G 7:05- Uppercut- Mark	18 1:05- Moderate- Joanne 2:00- SilverSneakers® - Laura 4:05- Family Bootcamp- Carla 4:45 Cardio Combo-Constance 5:30-Muscle to Bone- Rob 6:35-Zumba®- Cortney	19 6:00 Holiday Meltdown- Nick * 75 mins	20
21 3:00- Family Hip Hop- Rachel 4:30-All Yoga- Jacob	22 12:15- ME- Elizabeth 4:45- Hilo- Waddell 5:30- Pump- Wendi * 75 Minutes 5:30- *Bellydance- Chris 6:45- Bootcamp-Nick	23 1:05 Moderate- Laura 2:00- SilverSneakers® - Joanne 4:05 Kids Zumba (ages 5-10)-Carlotta 4:45- Zumba Gold- Carlotta 5:30- Cardio Kickbox- Wendy 6:35- Beginner's Yoga- Jacob	24 Christmas Eve		25 Merry Christmas 6:00 Holiday Meltdown- Nick *75 mins	26
28 3:00- Family ZUMBA- Pam 4:30-All Yoga- Nancy	29 12:15- ME- Dee Dee 4:45- Hilo- Waddell 5:30- Pump- Teresa G * 75 Minutes 6:45- Bootcamp- Nick	30 1:00 Moderate- Laura 2:00- SilverSneakers® - Antonio 4:05 Kids Zumba (ages 5-10)-Carlotta 4:45- Zumba- Gold- Carlotta 5:30- Cardio Kickbox- Sarah 6:35- Beginner's Yoga-Teresa	31 New Year's Eve			

Don't fall victim to the "Holiday 7 lbs-"

Holiday Meltdown- Hit every muscle group as you burn calories zipping through stations of different fitness equipment. This is a hard-core, no-nonsense, fat-burning workout ending with 15 mins of abs. This workout will challenge your strength and cardiovascular endurance. Great for all fitness levels!!

Our Mission: Helping people reach their God-given potential in spirit, mind and body.