

To receive daily reminders and updates
 text bailacomigo to (413)339-3112
 msg&data rates may apply To resubscribe text START

DECEMBER 2019

All class changes noted in RED

NOTE: Zumba Step and STRONG by Zumba are limited to 25 people per class and will be filled on a first come, first served basis. No sign up required.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--|--|---|---|---|--|
| 1 9:00am Zumba | 2 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out) | 3 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (2) | 4 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba | 5 9:00am Zumba 5:15pm Zumba 6:30pm Zumba Toning | 6 9:00am Zumba Step 5:15pm Hip Hop | 7 9:00am STRONG by Zumba (1) 10:00am Zumba Kids (ages 4-10) |
| 8 9:00am Zumba | 9 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out) | 10 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (3) | 11 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba | 12 9:00am Zumba 5:15pm STRONG by Zumba (1) 6:30pm Zumba Toning | 13 9:00am Zumba Step 5:15pm Hip Hop | 14 9:00am STRONG by Zumba (2) 10:00am Zumba Kids (ages 4-10) |
| 15 9:00am Zumba | 16 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out) | 17 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (1) | 18 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba | 19 9:00am Zumba 5:15pm STRONG by Zumba (2) 6:30pm Zumba Toning | 20 9:00am Zumba Step 5:15pm Hip Hop | 21 9:00am STRONG by Zumba (3) 10:00am Zumba Kids (ages 4-10) |
| 22 9:00am Zumba | 23 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out) | 24 CHRISTMAS EVE NO CLASSES | 25 CHRISTMAS NO CLASSES | 26 9:00am Zumba 5:15pm STRONG by Zumba (3) 6:30pm Zumba Toning | 27 9:00am Zumba Step 5:15pm Hip Hop | 28 9:00am STRONG by Zumba (1) 10:00am Zumba Kids (ages 4-10) |
| 29 9:00am Zumba | 30 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out) | 31 NEW YEAR'S EVE 9:00am Hip Hop 5:15pm NO CLASS 6:30pm NO CLASS | 1 NEW YEAR'S DAY 9:00am 90 Minute Zumbathon \$10 or Child or Teen Book Donation for Shriner's Hospital (sign up sheet at front desk) | 2 9:00am Zumba 5:15pm STRONG by Zumba (1) 6:30pm Zumba Toning | 3 9:00am Zumba Step 5:15pm Hip Hop | 4 9:00am STRONG by Zumba (2) 10:00am Zumba Kids (ages 4-10) |

Schedule subject to change at any time. Please check back frequently.