

# DECEMBER 2018 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00_ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5-5:30 Small Group Training 5:30 ZUMBA TONING	<b>4</b> 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD	<b>5</b> 8:00 Yoga <b>8:15 B FIT (E)</b> <b>9:10 PEPS (E)</b> 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	<b>6</b> 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba	<b>7</b> <b>8:15 B FIT (N)</b> <b>9:10 PEPS (N)</b> 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>10</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I <b>5-5:30 Small Group Training (E)</b> 5:30 ZUMBA TONING	<b>11</b> 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS <b>1:30 ZUMBA GOLD CHAIR (E)</b> 2:30 30 MIN. ZUMBA GOLD	<b>12</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	<b>13</b> 9:00 GENTLE YOGA <b>9:15 LOW AND SLOW (E)</b> 10:15 Chair Yoga <b>10:15 ZUMBA GOLD CHAIR (O)</b> 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS <b>2:00 DANCE –THE BALLROOM WORKOUT (E)</b> <b>4:30 STRONG by Zumba (E)</b>	<b>14</b> 8:15 B FIT 9:10 PEPS <b>10:15 ZUMBA GOLD FRIDAY AM (E)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>17</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD <b>2:30-3:30 Line Dance II (E)</b> <b>3:30-4:30 Line Dance I (E)</b> <b>5-5:30 Small Group Training (N)</b> 5:30 ZUMBA TONING	<b>18</b> 9:00 GENTLE YOGA <b>9:15 NO LOW AND SLOW</b> 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS <b>1:30 ZUMBA GOLD CHAIR (N)</b> 2:30 30 MIN. ZUMBA GOLD 5:30 FREE Body B-Last	<b>19</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS <b>10:00 MODIFIED YOGA (E)</b> 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS <b>5:30 ZUMBA (E)</b>	<b>20</b> 9:00 GENTLE YOGA <b>9:15 NO LOW AND SLOW</b> 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS <b>1:30 Social Dance</b> <b>4:30 STRONG by Zumba (N)</b>	<b>21</b> 8:15 B FIT 9:10 PEPS <b>10:15 ZUMBA GOLD FRIDAY AM (O)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD <b>2:15 HOOP DANCE FITNESS (E)</b>
<b>24</b> ARC Closed for the Christmas Holiday	<b>25</b> ARC Closed for the Christmas Holiday	<b>26</b> 8:00 <u>NO</u> Yoga 8:15 <u>NO</u> B FIT 9:10 <u>NO</u> PEPS 10:00 <u>NO</u> MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 <u>NO</u> ZUMBA GOLD (T) 2:15 <u>NO</u> HOOP DANCE FITNESS 5:30 <u>NO</u> ZUMBA	<b>27</b> 9:00 <u>NO</u> GENTLE YOGA 9:15 <u>NO</u> LOW AND SLOW 10:15 <u>NO</u> Chair Yoga 10:15 <u>NO</u> ZUMBA GOLD CHAIR 11:15 <u>NO</u> 30 MIN. ZUMBA GOLD 12:30 <u>NO</u> FIT AND FABULOUS 2:00 <u>NO</u> DANCE –THE BALLROOM WORKOUT 4:30 <u>NO</u> STRONG by Zumba	<b>28</b> 8:15 <u>NO</u> B FIT 9:10 <u>NO</u> PEPS 10:15 <u>NO</u> ZUMBA GOLD FRIDAY AM 11:30 <u>NO</u> 30 MIN. ZUMBA GOLD 12:15 <u>NO</u> FIT AND FABULOUS 1:00 <u>NO</u> ZUMBA GOLD 2:15 <u>NO</u> HOOP DANCE FITNESS
<b>31</b> ARC Closed for the New Years Holiday	<div style="border: 2px solid black; padding: 10px;"> <b>Pickleball Court Closures:</b>                      Saturday, December 1, CLOSED                      Friday, December 7, CLOSED 10 AM-4 PM                      Saturday, December 8, CLOSED                      Friday, Dec. 14, CLOSED 6:30 AM-4 PM                 </div>		<b>SATURDAY</b> <b>CORE 'N MORE</b> <b>8:15-9:00 AM</b> NEW SESSION: January 5th-February 16th No class: De. 22, 29, Jan. 12, 19  <b>YOGA FOR BALANCE</b> <b>10-11 AM</b> NEW SESSION: Nov. 3rd-December 15th No class: Nov. 24, Dec. 22 & 29	<b>KEY:</b> (N) New session starts (O) Open class, come try it out (E) Session ends