

# DECEMBER 2017 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SATURDAY CLASSES</b></p> <p><b>CORE 'N MORE</b> 8:15-9:00 AM <i>*NOTE: NEW TIME</i></p> <p><b>NEW SESSION:</b> December 16th-February 3rd No Class: December 23rd and January 20th</p>				<p><b>1</b></p> <p>8:15 B FIT 9:10 PEPS <b>10:30 ZUMBA GOLD FRIDAY AM (N)</b> 12:00 FIT AND FABULOUS <b>(O)</b> 1:00 ZUMBA GOLD 2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>4</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p>8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 TAI CHI I 11:30 TAI CHI II 1:00 ZUMBA GOLD <b>2:30-3:30 Line Dance (N)</b> 5:30 ZUMBA TONING</p>	<p><b>5</b></p> <p>9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga <b>(E)</b> 11:00 FOLK DANCE <b>12:30 FIT AND FABULOUS (N)</b> 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 3:10 Find Your Groove DVD 5:30 Body B-Last</p>	<p><b>6</b></p> <p>8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 TAI CHI I <b>(E)</b> 11:30 TAI CHI II <b>(E)</b> 1:00 ZUMBA GOLD (T) 2:15 <b>NO</b> HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p><b>7</b></p> <p>9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga <b>(O)</b> 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 5:30 Body B-Last</p>	<p><b>8</b></p> <p>8:15 B FIT 9:10 PEPS 10:30 ZUMBA GOLD FRIDAY AM 12:00 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>11</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p>8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 1:00 ZUMBA GOLD 2:30-3:30 Line Dance 5:30 ZUMBA TONING</p>	<p><b>12</b></p> <p>9:00 GENTLE YOGA 9:15 LOW AND SLOW <b>10:15 CHAIR YOGA (N)</b> 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 3:10 Find Your Groove DVD 5:30 Body B-Last</p>	<p><b>13</b></p> <p>8:15 B FIT <b>(E)</b> 9:10 PEPS <b>(E)</b> 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 1:00 ZUMBA GOLD (T) 2:15 <b>NO</b> HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p><b>14</b></p> <p>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 5:30 Body-B-Last</p>	<p><b>15</b></p> <p>8:15 B FIT <b>(O)</b> 9:10 PEPS <b>(O)</b> 10:30 ZUMBA GOLD FRIDAY AM 12:00 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>18</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p><b>8:15 B FIT (N)</b> <b>9:10 PEPS (N)</b> 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 1:00 ZUMBA GOLD 2:30-3:30 Line Dance 5:30 ZUMBA TONING</p>	<p><b>19</b></p> <p>9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 <b>NO</b> FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 3:10 Find Your Groove DVD 5:30 Body B-Last <b>(E)</b></p>	<p><b>20</b></p> <p>8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 1:00 ZUMBA GOLD(T) 2:15 <b>NO</b> HOOP DANCE FITNESS 5:30 ZUMBA <b>(E)</b></p>	<p><b>21</b></p> <p>9:00 GENTLE YOGA <b>(E)</b> 9:15 LOW AND SLOW <b>(E)</b> 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR <b>(E)</b> 11:15 30 MIN. ZUMBA GOLD <b>(E)</b> 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 5:30 Body B-Last <b>(O)</b></p>	<p><b>22</b></p> <p>8:15 B FIT 9:10 PEPS 10:30 ZUMBA GOLD FRIDAY AM 12:00 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>25</b></p> <p><b>CENTER CLOSED FOR CHRISTMAS</b></p>	<p><b>26</b></p> <p>9:00 <b>NO</b> GENTLE YOGA 9:15 <b>NO</b> LOW AND SLOW 10:15 <b>NO</b> CHAIR YOGA 11:00 <b>NO</b> FOLK DANCE 12:30 <b>NO</b> FIT AND FABULOUS 1:30 <b>NO</b> ZUMBA GOLD CHAIR 2:30 <b>NO</b> 30 MIN. ZUMBA GOLD 3:10 Find Your Groove DVD 5:30 <b>NO</b> Body B-Last</p>	<p><b>27</b></p> <p>8:15 <b>NO</b> B FIT 9:10 <b>NO</b> PEPS 10:00 <b>NO</b> MODIFIED YOGA 10:30 TAI CHI FORM 1:00 <b>NO</b> ZUMBA GOLD (T) 2:15 <b>NO</b> HOOP DANCE FITNESS 5:30 <b>NO</b> ZUMBA</p>	<p><b>28</b></p> <p>9:00 GENTLE YOGA <b>(O)</b> 9:15 <b>NO</b> LOW AND SLOW 10:15 <b>NO</b> Chair Yoga 10:15 <b>NO</b> ZUMBA GOLD CHAIR 11:15 <b>NO</b> 30 MIN. ZUMBA GOLD 12:30 <b>NO</b> FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 5:30 Body B-Last <b>(N)</b></p>	<p><b>29</b></p> <p>8:15 B FIT 9:10 PEPS <b>10:30 NO ZUMBA GOLD FRIDAY AM</b> 12:00 <b>NO</b> FIT AND FABULOUS 1:00 <b>NO</b> ZUMBA GOLD 2:15 <b>NO</b> HOOP DANCE FITNESS</p>