

# DECEMBER 2019 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>8:00 Yoga  <b>8:15 B FIT (E)</b>  <b>9:10 PEPS (E)</b>  <b>10:00 MODIFIED YOGA (O)</b>            10:30 TAI CHI FORM            11:00 Beginning Tai Chi  <b>1:00 NO ZUMBA GOLD</b>            2:30-3:30 Line Dance II            3:45-4:45 Line Dance I  <b>5:30 NO ZUMBA TONING</b></p>	<p><b>3</b></p> <p>8:00 Seniors Circuit            9:00 GENTLE YOGA  <b>9:15 LOW AND SLOW (E)</b>            10:15 CHAIR YOGA            11:15 CHIAR YOGA 2            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba            5-6 Evening Beginning TAI CHI</p>	<p><b>4</b></p> <p>8:00 Yoga  <b>8:15 B FIT (N)</b>  <b>9:10 PEPS (O)</b>  <b>10:00 MODIFIED YOGA (N)</b>            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE            FITNESS            5:30 ZUMBA</p>	<p><b>5</b></p> <p><b>8:00 Seniors Circuit (E)</b>  <b>9:00 NO GENTLE YOGA</b>  <b>9:15 LOW AND SLOW (O)</b>  <b>10:15 NO Chair Yoga</b>            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS  <b>2:00 DANCE-THE BALLROOM WORKOUT (E)</b>            4:30 STRONG by Zumba            5-6 Evening Beginning TAI CHI</p>	<p><b>6</b></p> <p>8:15 B FIT  <b>9:10 PEPS (N)</b>            10:15 ZUMBA GOLD            FRIDAY AM            11:30 30 MIN. ZUMBA GOLD            12:15 FIT &amp; FABULOUS            1:00 ZUMBA GOLD            2:15 HOOP DANCE            FITNESS</p>
<p><b>9</b></p> <p>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            3:45-4:45 Line Dance I            5:30 ZUMBA TONING</p>	<p><b>10</b></p> <p><b>8:00 Seniors Circuit (O)</b>  <b>9:00 NO GENTLE YOGA</b>  <b>9:15 LOW AND SLOW (N)</b>  <b>10:15 NO CHAIR YOGA</b>  <b>11:15 NO CHIAR YOGA 2</b>            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba            5-6 Evening Beginning TAI CHI</p>	<p><b>11</b></p> <p><b>8:00 Yoga (E)</b>            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)  <b>2:15 HOOP DANCE FITNESS (E)</b>            5:30 ZUMBA</p>	<p><b>12</b></p> <p><b>8:00 Seniors Circuit (N)</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  <b>1:30-3:00 Social Dance</b>            4:30 STRONG by Zumba            5-6 Evening Beginning TAI CHI</p>	<p><b>13</b></p> <p>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  <b>2:15 HOOP DANCE FITNESS (O)</b></p>
<p><b>16</b></p> <p><b>8:00 Yoga (O)</b>            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            3:45-4:45 Line Dance I            5:30 ZUMBA TONING</p>	<p><b>17</b></p> <p>8:00 Seniors Circuit            9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 CHAIR YOGA            11:15 CHIAR YOGA 2            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba            5-6 Evening Beginning TAI CHI</p>	<p><b>18</b></p> <p><b>8:00 Yoga (N)</b>            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)  <b>2:15 HOOP DANCE FITNESS (N)</b>            5:30 ZUMBA</p>	<p><b>19</b></p> <p>8:00 Seniors Circuit            9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 Chair Yoga  <b>10:15 ZUMBA GOLD CHAIR (E)</b>            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS  <b>2:00 NO DANCE-THE BALLROOM WORKOUT</b>            4:30 STRONG by Zumba            5-6 Evening Beginning TAI CHI</p>	<p><b>20</b></p> <p>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 &amp; FABULOUS            1:00 ZUMBA GOLD            2:15 HOOP DANCE            FITNESS</p>
<p><b>23</b></p> <p>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            3:45-4:45 Line Dance I            5:30 ZUMBA TONING</p>	<p><b>24</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>25</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>26</b></p> <p>8:00 Seniors Circuit  <b>9:00 NO GENTLE YOGA</b>  <b>9:15 NO LOW AND SLOW</b>  <b>10:15 NO Chair Yoga</b>  <b>10:15 NO ZUMBA GOLD CHAIR</b>  <b>11:15 NO 30 MIN. ZUMBA GOLD</b>  <b>12:30 NO FIT AND FABULOUS</b>  <b>2:00 NO DANCE-THE BALLROOM WORKOUT</b>  <b>4:30 NO STRONG by Zumba</b></p>	<p><b>27</b></p> <p>8:15 B FIT            9:10 PEPS  <b>10:15 NO ZUMBA GOLD FRIDAY AM</b>  <b>11:30 NO 30 MIN. ZUMBA GOLD</b>  <b>12:15 NO FIT AND FABULOUS</b>  <b>1:00 NO ZUMBA GOLD</b>            2:15 HOOP DANCE            FITNESS</p>
<p><b>30</b></p> <p>8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi  <b>1:00 NO ZUMBA GOLD</b>  <b>2:30-3:30 Line Dance II (E)</b>  <b>3:45-4:45 Line Dance I (E)</b>  <b>5:30 NO ZUMBA TONING</b></p>	<p><b>31</b></p> <p><b>CENTER CLOSED</b></p>			<p><b>SATURDAY</b>  <b>CORE 'N MORE</b>  <b>8:15-9:00 AM</b>  <b>NEW SESSION:</b>  <b>Core and More:</b>  <b>Nov. 16th-December 28th</b></p>