



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
				<p style="text-align: center;">1</p> 5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP David/Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 *Cycle Diana 10:30/11:30 *Senior TRX Chad 5:00 Arms and abs Robin 5:30 *POUND Lauren 5:30 *Cycle Robin	<p style="text-align: center;">2</p> 8:00 Cardio Mix William 9:30 Cycle 30 w/abs Cindy 9:30 Zumba Cookie 10:30 Yoga Sonal 11:00 Silver Sneakers Wanda
<p style="text-align: center;">4</p> 6:00 *Cycle Don 8:00 GP/STT David 9:30 Pilates Madison 9:30 Yoga Frank 10:30/11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Cindy 5:30 GP/STT Leslie 6:40 *Box/Sculpt Ronnie 6:40 Zumba Valerie 6:40 Power Yoga Sonal	<p style="text-align: center;">5</p> 5:30 *Box/Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:15 *Cycle Diana 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Letitia 4:30 Youth Yoga Lori 5:30 Step Mix Kristen 5:30 *Box/Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal	<p style="text-align: center;">6</p> 5:45 STT/GP David 8:00 STT/GP Karen/Greg 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey	<p style="text-align: center;">7</p> 6:00 *TRX Don 8:00 TRX Chad 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Robin/Patrick 5:30 *Box/Sculpt Jon 5:40 Step Mix William 5:40 Yoga Letitia 6:40 Zumba Tammy 6:40 Kung Fu Chad	<p style="text-align: center;">8</p> 5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Karen/Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 *Cycle Chad 10:30/11:30 *Senior TRX Chad 5:00 Arms and abs Letitia 5:30 *POUND Lauren 5:30 *Cycle Letitia	<p style="text-align: center;">9</p> 8:00 *POUND Lauren 9:30 Cycle 30 w/abs Cindy 9:30 Zumba Cookie 10:30 Yoga Frank 11:00 Silver Sneakers Donna
<p style="text-align: center;">11</p> 6:00 *Cycle Don 8:00 GP/STT Karen 9:30 Pilates Sarah 9:30 Yoga Frank 10:30/11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Cindy 5:30 GP/STT Robin/Patrick 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal	<p style="text-align: center;">12</p> 5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:15 *Cycle Diana 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Lori 5:30 Step Mix Katie 5:30 *Box/Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal	<p style="text-align: center;">13</p> 5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey	<p style="text-align: center;">14</p> 6:00 *TRX Don 8:00 TRX Chad 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Katie/Patrick 5:30 *Box/Sculpt Jon 5:40 Step Mix Robin 5:40 Yoga Letitia 6:40 Zumba Valerie 6:40 Kung Fu Chad	<p style="text-align: center;">15</p> 5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP David/Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 *Cycle Diana 10:30/11:30 *Senior TRX Chad 5:00 Arms and abs Robin 5:30 *POUND Lauren 5:30 *Cycle Robin	<p style="text-align: center;">16</p> 8:00 Cardio Mix Letitia 9:30 Cycle 30 w/abs Letitia 9:30 Zumba Tammy 10:30 Yoga Sonal 11:00 Silver Sneakers Kathy
					<p style="text-align: center;">17</p> 2:00 *Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Robin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>18</p> <p>6:00 *Cycle Don 8:00 GP/STT David 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 /11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Cindy 5:30 GP/STT Katie/Patrick 6:40 *Box and Sculpt Ronnie 6:40 Zumba Morgan 6:40 Power Yoga Sonal</p>	<p>19</p> <p>5:30 *Box/Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:15 *Cycle Diana 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin NO YOUTH YOGA 5:30 Step Mix Morgan 5:30 *Box/Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	<p>20</p> <p>5:45 STT/GP David 8:00 STT/GP Karen/Greg 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Robin NO YOUTH ZUMBA 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<p>21</p> <p>6:00 *TRX Don 8:00 TRX Chad 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Katie/Patrick 5:30 *Box/Sculpt Jon 5:40 Step Mix Robin 5:40 Yoga Leslie 6:40 Zumba Tammy 6:40 Kung Fu Chad</p>	<p>22</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 STT/GP Karen/Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 *Cycle Karen 10:30/11:30 *Senior TRX Chad 5:00 Arms and abs Cindy NO POUND 5:30 *Cycle Cindy</p>	<p>23</p> <p>10:00 Santa's Bag Bootcamp – Greg</p> <hr/> <p>24</p> <p>Open 12-3</p> 
<p>25</p> <p>Closed</p> 	<p>26</p> <p>5:30 *Box/Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:15 *Cycle Diana 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Katie NO YOUTH YOGA 5:30 Step Mix Kristen 5:30 *Box/Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Letitia</p>	<p>27</p> <p>5:45 STT/GP Leslie 8:00 STT/GP Randy 9:30 Pilates Sarah 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Letitia NO YOUTH ZUMBA 5:30 Cardio Mix William 6:40 *POUND Lauren 6:40 Power Yoga Letitia</p>	<p>28</p> <p>6:00 *TRX Chad 8:00 TRX Chad 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Robin/Patrick 5:30 *Box/Sculpt Jon 5:40 Step Mix William 5:40 Yoga Leslie 6:40 Zumba Valerie 6:40 Kung Fu Chad</p>	<p>29</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 STT/GP David/Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 *Cycle Robin 10:30/11:30 *Senior TRX Chad 5:00 Arms and abs Robin 5:30 *POUND Lauren 5:30 *Cycle Robin</p>	<p>30</p> <p>8:00 Cardio Mix William 9:30 Cycle 30 w/abs Cindy 9:30 Zumba Cookie 10:30 Yoga Letitia 11:00 Silver Sneakers Donna</p> <hr/> <p>31</p> <p>2:00 *Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>

Come spend some time on yourself during the holidays – try a class, bring a friend (one of the best gifts you can give is health and encouragement), and stay focused on your goals.

Have a wonderful holiday season!

*indicates limited space, pick up a card at the wellness desk

**STRIVE FOR
PROGRESS
NOT PERFECTION**