

DECEMBER 2016 AEROBICS SCHEDULE



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <u>Yoga</u> 9:30am-10:30am (Kim) <u>Zumba</u> 6:00pm-7:00pm (Robyn) <u>Cardio and Core</u> 7:00pm-7:45pm (Sam)	2 <u>Aerobics</u> 9:30am-10:30am (Zack)	3
4	5 <u>Aerobics</u> 9:30am-10:30am (Zack) <u>Cardio Fitness</u> 5:30pm-6:30pm (Sam)	6 <u>Instructor's Choice</u> 9:30am-10:30am (Kim) <u>MiXXed Fit</u> 6:00pm-7:00pm (Robyn)	7 <u>Aerobics</u> 9:30am-10:30am (Kim) <u>Strength Training</u> 5:30pm-6:30pm (Sam)	8 <u>Yoga</u> 9:30am-10:30am (Kim) <u>Zumba</u> 6:00pm-7:00pm (Robyn) <u>Cardio and Core</u> 7:00pm-7:45pm (Sam)	9 <u>Aerobics</u> 9:30am-10:30am (Zack)	10
11	12 <u>Aerobics</u> 9:30am-10:30am (Zack) <u>Cardio Fitness</u> 5:30pm-6:30pm (Sam)	13 <u>Instructor's Choice</u> 9:30am-10:30am (Kim) <u>MiXXed Fit</u> 6:00pm-7:00pm (Robyn)	14 <u>Aerobics</u> 9:30am-10:30am (Kim) <u>Strength Training</u> 5:30pm-6:30pm (Sam)	15 <u>Yoga</u> 9:30am-10:30am (Kim) <u>Zumba</u> 6:00pm-7:00pm (Robyn) <u>Cardio and Core</u> 7:00pm-7:45pm (Sam)	16 <u>Aerobics</u> 9:30am-10:30am (Zack)	17
18	19 <u>Aerobics</u> 9:30am-10:30am (Zack) <u>NO EVENING CLASS</u>	20 <u>Instructor's Choice</u> 9:30am-10:30am (Kim) <u>MiXXed Fit</u> 6:00pm-7:00pm (Robyn)	21 <u>Aerobics</u> 9:30am-10:30am (Kim) <u>NO EVENING CLASS</u>	22 <u>NO MORNING CLASS</u> <u>Zumba</u> 6:00pm-7:00pm (Robyn) <u>NO 7PM CLASS</u>	23 <u>FACILITY CLOSED</u>	Christmas Eve
Merry Christmas	26 <u>FACILITY CLOSED</u>	27 <u>FACILITY CLOSED</u>	28 <u>Aerobics</u> 9:30am-10:30am (Kim) <u>Strength Training</u> 5:30pm-6:30pm (Sam)	29 <u>Yoga</u> 9:30am-10:30am (Kim) <u>Zumba</u> 6:00pm-7:00pm (Robyn) <u>Cardio and Core</u> 7:00pm-7:45pm (Sam)	30 <u>Aerobics</u> 9:30am-10:30am (Zack)	31