



December Fitness

MORNING SCHEDULE

FITNESS Classes are FREE for Members (excluding Dance Fitness)

\$5.00/ class non-members

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	St. Joseph REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512			1 9:00 Power Pilates/ Stretch (Christin) 10:00 Tai Chi (Brenda)	2 9:00 Strength & Conditioning (Christin)	3 9:00 TNT – Tighten and Tone (Kari)
4	5 9:00 HIIT & Run (Ken)	6 10:00 Tai Chi (Brenda)	7	8 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda)	9 9:00 Strength & Conditioning (Christin)	10 9:00 TNT – Tighten and Tone (Kari)
11	12 9:00 HIIT & Run (Ken)	13 10:00 Tai Chi (Brenda)	14	15 9:00 Power Pilates/ Stretch (Christin) 10:00 Tai Chi (Brenda)	16 9:00 Strength & Conditioning (Christin)	17 9:00 TNT – Tighten and Tone (Kari)
18	19 9:00 HIIT & Run (Ken)	20 10:00 Tai Chi (Brenda)	21	22 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda)	23 9:00 Strength & Conditioning (Christin)	24 CLOSED- Christmas Eve
25 CLOSED- Merry Christmas!	26 9:00 HIIT & Run (Ken)	27 10:00 Tai Chi (Brenda)	28	29 9:00 Power Pilates/ Stretch (Christin) NO Tai Chi	30 9:00 Strength & Conditioning (Christin)	31



December Fitness

FITNESS Classes are FREE for Members (excluding Dance Fitness)

EVENING SCHEDULE

\$5.00/ class non-members

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	St. Joseph REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512			1 5:30 Circuit Training (Kari)	2	3
4	5 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	6 4:30 Yoga (Kelli) 5:30 Toning (Kari)	7 6:00 Yoga (Tom)	8 5:30 Circuit Training (Kari)	9	10
11	12 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	13 4:30 Yoga (Kelli) 5:30 Toning (Kari)	14 6:00 Yoga (Tom)	15 5:30 Circuit Training (Kari)	16	17
18	19 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	20 4:30 Yoga (Kelli) 5:30 Toning (Kari)	21 6:00 Yoga (Tom)	22 5:30 Circuit Training (Kari)	23	24 CLOSED- Christmas Eve
25 CLOSED- Merry Christmas!	26 5:15 Muscle Monday (Kari) NO Dance Fitness	27 4:30 Yoga (Kelli) 5:30 Toning (Kari)	28 6:00 Yoga (Tom)	29 5:30 Circuit Training (Kari)	30	31