

Fitness Classes - morning

Free for members



December

\$5 for non-members



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Strength & Conditioning (Christin)	2 9:00 TNT Tighten & Tone (Kari) 10:00 Step & Tone (Bobbi)
3 9:00 HIIT & Run (Ken)	4 9:00 HIIT & Run (Ken)	5 10:00 Tai Chi (Brenda)	6 9:00 Tabata (Kali)	7 9:00 Power Pilates/Stretch (Christin) NO TAI CHI	8 9:00 Strength & Conditioning (Christin)	9 9:00 TNT Tighten & Tone (Kari)
10 9:00 HIIT & Run (Ken)	11 9:00 HIIT & Run (Ken)	12 10:00 Tai Chi (Brenda)	13 9:00 Tabata (Kali)	14 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda)	15 9:00 Strength & Conditioning (Christin)	16 9:00 TNT Tighten & Tone (Kari) 10:00 Step & Tone (Bobbi)
17 9:00 HIIT & Run (Ken)	18 9:00 HIIT & Run (Ken)	19 10:00 Tai Chi (Brenda)	20 9:00 Tabata (Kali)	21 9:00 Power Pilates/Stretch (Christin) 10:00 Tai Chi (Brenda)	22 9:00 Strength & Conditioning (Christin)	23 9:00 TNT Tighten & Tone (Kari)
24/31 CLOSED Merry Christmas NYE Close @ 3pm	25 CLOSED Merry Christmas	26 NO TAI CHI	27 9:00 Tabata (Kali)	28 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda)	29 9:00 Strength & Conditioning (Christin)	30 NO TNT 10:00 Step & Tone (Bobbi)

Fitness Classes - evening

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December



Sunday

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Saturday

3	4	5	6	7	8	9
	5:30 Muscle Monday (Kali)	4:30 Yoga (Kelli) 5:30 Toning (Kari)		5:30 Pilates (Casey)		
10	11	12	13	14	15	16
	5:30 Muscle Monday (Kali) * FIT CHECK	4:30 Yoga (Kelli) 5:30 Toning (Kari)		5:30 Pilates (Casey)		
17	18	19	20	21	22	23
	5:30 Muscle Monday (Kali)	4:30 Yoga (Kelli) 5:30 Toning (Kari)		5:30 Pilates (Casey)		
24/31	25	26	27	28	29	30
CLOSED Merry Christmas NYE Close @ 3pm	CLOSED Merry Christmas	NO YOGA 5:30 Toning (Kari)		5:30 Pilates (Casey)		