



# December 2017



## Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	6 PM Zumba		6 PM Cardio Sculpt			9 AM Yoga
10	11	12	13	14	15	16
8 AM Yoga (Co-Ed)	6 PM Zumba	1:30 PM Tai Chi	6 PM Cardio Sculpt			9 AM Yoga
17	18	19	20	21	22	23
	6 PM Zumba	1:30 PM Tai Chi		6 PM Cardio Sculpt		9 AM Yoga
24	25	26	27	28	29	30
GYM CLOSED	GYM CLOSED			6 PM Cardio Sculpt		9 AM Yoga
31						
GYM CLOSED						