



December 2018



Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 11 AM Teen Fitness
2	3	4 1:30 PM Tai Chi	5 5:45 PM Zumba	6 6 PM Cardio Sculpt	7	8 GYM CLOSED
9	10	11 1:30 PM Tai Chi 6 PM Cardio Sculpt	12 5:45 PM Zumba	13	14	15 9 AM Yoga 11 AM Teen Fitness
16	17	18 1:30 PM Tai Chi 6 PM Cardio Sculpt	19 5:45 PM Zumba	20	21	22 11 AM Teen Fitness
23 GYM CLOSED	24 GYM CLOSED	25 GYM CLOSED	26	27	28	29 9 AM Yoga 11 AM Teen Fitness
30	31					