



DECEMBER GROUP FITNESS SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Strength & Tone 6-7pm

2

3

4

5
Cardio Fit 6-7pm

6

7
Yoga 6-7pm
Step Interval 6-7pm

8
Strength & Tone 6-7pm

9

10

11

12
Cardio Fit 6-7pm

13

14
Yoga 6-7pm
Step Interval 6-7pm

15
Strength & Tone 6-7pm

16

17

18

19
Cardio Fit 6-7pm

20

21
Yoga 6-7pm
Step Interval 6-7pm

22
Strength & Tone 6-7pm

23

24

25

26
Cardio Fit 6-7pm

27

28
Yoga 6-7pm
Step Interval 6-7pm

29
Strength & Tone 6-7pm

30

31

Instructor: Heather Mooney.
Instructor: Glenda Washburn

