



December 2016 Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------------------|------------------------|-------------------------------|---------------------------|-------------------------------|---|
| | | | 1 | 2 | 3 | 4 |
| *YOGA: MEET instructor in Fitness Center 5 minutes before class for class location. | | | | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | 5:30pm ZUMBA (Ann) | 9am STEP/E.L.I.T.E (Vicki) | No classes  |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 9am Stability Ball (Vicki) | 9am Yoga (Heather) | 9am Triple Blast (Ann) | 9am Ab/Glute Power (Vicki) | 9am Hi/Lo Impact (Ann) | 9am ZUMBA (Vicki) | |

ALL CLASSES ARE HELD IN THE FITNESS CENTER UNLESS OTHERWISE NOTED. PLEASE ARRIVE A FEW MINUTES PRIOR TO CLASS TIME TO ENSURE A SPOT.