

December

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>BOOTCAMP 9:00AM</p> <p>BODYPUMP 5:40 PM</p> <p>BOOTCAMP 6:00PM</p> <p>CYCLE 6:15PM</p> <p>BODYCOMBAT 6:45PM</p>	<p>BODYPUMP 5:40AM</p> <p>CYCLE H.I.I.T 9:30AM</p> <p>SENIORFIT 11:15AM</p> <p>ZUMBA 6:00PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05PM</p>	<p>CYCLE 5:40AM</p> <p>BOOTCAMP 9:00AM</p> <p>SENIORFIT 11:15AM</p> <p>BODYATTACK 6:00PM</p> <p>BOOTCAMP 6:00PM</p> <p>BODYPUMP 6:45</p>	<p>BODYPUMP 5:40AM</p> <p>BODYPUMP 9:30AM</p> <p>SENIORFIT 11:00 AM</p> <p>ZUMBA 6:00 PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05 PM</p>	<p>CYCLE 6:00AM</p> <p>BOOTCAMP 9:00AM</p> <p>STRONG by ZUMBA 9:20</p> <p>YOGA 10:10 AM</p> <p>BODYPUMP 5:30 PM</p>	<p>BODYPUMP: 9:00AM</p> <p>BOOTCAMP: 9:00AM</p> <p>BODYATTACK: 10:05</p>
8	9	10	11	12	13	14
	<p>BOOTCAMP 9:00AM</p> <p>BODYPUMP 5:40 PM</p> <p>BOOTCAMP 6:00PM</p> <p>CYCLE 6:15PM</p> <p>BODYCOMBAT 6:45PM</p>	<p>BODYPUMP 5:40AM</p> <p>CYCLE H.I.I.T 9:30AM</p> <p>SENIORFIT 11:15AM</p> <p>ZUMBA 6:00PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05PM</p>	<p>CYCLE 5:40AM</p> <p>BOOTCAMP 9:00AM</p> <p>SENIORFIT 11:15AM</p> <p>BODYATTACK 6:00PM</p> <p>BOOTCAMP 6:00PM</p> <p>BODYPUMP 6:45</p>	<p>BODYPUMP 5:40AM</p> <p>BODYPUMP 9:30AM</p> <p>SENIORFIT 11:00 AM</p> <p>ZUMBA 6:00 PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05 PM</p>	<p>CYCLE 6:00AM</p> <p>BOOTCAMP 9:00AM</p> <p>STRONG by ZUMBA 9:20</p> <p>YOGA 10:10 AM</p> <p>BODYPUMP 5:30 PM</p>	<p>BODYPUMP: 9:00AM</p> <p>BOOTCAMP: 9:00AM</p> <p>BODYATTACK: 10:05</p>
15	16	17	18	19	20	21
	<p>BOOTCAMP: 9:00AM</p> <p>BODYPUMP: 5:40 PM</p> <p>BOOTCAMP: 6:00PM</p> <p>CYCLE: 6:15PM</p> <p>BODYCOMBAT: 6:30PM</p>	<p>BODYPUMP 5:40AM</p> <p>CYCLE H.I.I.T 9:30AM</p> <p>SENIORFIT 11:15AM</p> <p>ZUMBA 6:00PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05PM</p>	<p>CYCLE: 5:40AM</p> <p>BOOTCAMP: 9:00AM</p> <p>SENIORFIT: 11:15AM</p> <p>BODYATTACK: 6:00PM</p> <p>BOOTCAMP: 6:00PM</p>	<p>BODYPUMP 5:40AM</p> <p>BODYPUMP 9:30AM</p> <p>SENIORFIT 11:00 AM</p> <p>ZUMBA 6:00 PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05 PM</p>	<p>CYCLE 6:00AM</p> <p>BOOTCAMP 9:00AM</p> <p>STRONG by ZUMBA 9:20</p> <p>YOGA 10:10 AM</p> <p>BODYPUMP 5:30 PM</p>	<p>BODYPUMP: 9:00AM</p> <p>BOOTCAMP: 9:00AM</p> <p>BODYATTACK: 10:05</p>
22	23	24	25	26	27	28
	<p>BOOTCAMP: 9:00AM</p> <p>BODYPUMP: 5:40 PM</p> <p>BOOTCAMP: 6:00PM</p> <p>CYCLE: 6:15PM</p> <p>BODYCOMBAT: 6:30PM</p>	<p>BODYPUMP 7AM</p> <p>CYCLE H.I.I.T 9:30AM</p> <p>SENIORFIT 11:15</p> <p>CANCELLED</p> <p>EVENING CLASSES:</p> <p>CANCELLED</p> <p>MERY CHRISTMAS!</p>	<p>MERRY CHRISTMAS!</p> <p>All Classes CANCELLED</p>	<p>PUMP 5:40: CANCELLED</p> <p>BODYPUMP 9:30AM</p> <p>SENIORFIT 11: CANCELLED</p> <p>ZUMBA 6:00 PM</p> <p>BOOTCAMP 6:30 PM</p> <p>YOGA 7:05 PM</p>	<p>CYCLE 6:00AM</p> <p>BOOTCAMP 9:00AM</p> <p>STRONG by ZUMBA 9:20</p> <p>CANCELLED</p> <p>YOGA 10:10 AM</p> <p>BODYPUMP 5:30 PM</p>	<p>BODYPUMP: 9:00AM</p> <p>BOOTCAMP: 9:00AM</p> <p>BODYATTACK: 10:05</p>

<p>29</p>	<p>30</p> <p>BOOTCAMP: 9:00AM BODYPUMP: 5:40 PM BOOTCAMP: 6:00PM CYCLE: 6:15PM BODYCOMBAT: 6:30PM</p>	<p>31</p> <p>BODYPUMP 7AM CYCLE H.I.I.T 9:20AM SENIORFIT: CANCELLED EVENING CLASSES: CANCELLED HAPPY NEW YEARS!!</p>	<p>1</p> <p>HAPPY NEW YEARS!</p> <p>If there is interest, we may plan 1 class at 10am. Send your vote for what to have this day!</p> <p>Trisha McDuffee, Group Fitness Manager: Trishaffl24@gmail.com</p>	<p>**Everything in RED indicates a change **BLUE marks a cancellation due to the Holidays Yellow-time chg for holidays only DOWNLOAD THE SLACK APP on your Smartphone and find "Fit for Life 24 Apex" Grp Fitness communicates with</p>		