

GROUP FITNESS SCHEDULE

DECEMBER ~ 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Lisa) 10:30am SS Classic (Angi)	3 8:00am Slow Flow YOGA (Stephanie) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	4 8:30am Senior Circuit (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Lisa)	5 8:00am Enerchi (Stephanie) 9:00am SS Yoga (Toni) 10:00 am Dance-Fit (Lisa) 6:00 p.m. SLOW FLOW YOGA w/ Stephanie *FREE*	6 8:30am SR Strength Plus Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Toni)	7
8	9 SR Christmas Party! 9:00am Senior-Fit (Stacey & Lisa) 9:00am SS Classic (Toni & Steph)	10 8:00am Slow Flow YOGA (Stephanie) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	11 8:30am Senior Circuit (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Lisa)	12 8:00am Enerchi (Stephanie) 9:00am SS Yoga (Toni) 10:00 am Dance-Fit (Lisa) 6:00 p.m. SLOW FLOW YOGA w/ Stephanie * FREE*	13 8:30am SR Strength Plus (Lisa) 9:30am Senior-Fit (Toni) 10:30am SS Classic (Lisa)	14
15	16 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Stacey) 10:30am SS Classic (Steph)	17 8:00am Slow Flow YOGA (Stephanie) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	18 8:30am Senior Circuit (Stacey) 9:30am Senior-Fit (Lisa) 10:30am SS Classic (Angi)	19 8:00am Enerchi (Stephanie) 9:00am SS Yoga (Toni) 10:30 am Dance-Fit (Lisa) 6:00 p.m. SLOW FLOW YOGA followed by Wine." Cheers to YOU & the holidays!	20 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Toni)	21
22	23 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Toni)	24 WE ARE CLOSED! 	25 WE ARE CLOSED! Merry Christmas!!	26 NO PICKLEBALL TODAY! 9:00am SS Yoga (Angi) 10:00 am Dance-Fit (Lisa)	27 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Toni)	28
29	30 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Lisa)	31 8:00am Senior Boot Camp (Angi) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)				