

SUNDAY**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

1	2 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	3 Yoga (Fitness members only) 3:15p.m.- 4 p.m. Tabata & More 5:30 p.m.- 6:30 p.m.	4 Zumba 5:15 p.m.- 6:15 p.m.	5 Yoga (Fitness members only) 3:15-4 p.m.3:15p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	6 Super Sweat 10 a.m.- 11 a.m.	7	
8	9 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	10 Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Tabata & More 5:30 p.m.- 6:30 p.m.	11 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	12 Yoga (Fitness members only) 3:15-4 p.m.3:15p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	13 Super Sweat 10 a.m.- 11 a.m.	14 Total Body Conditioning 9 a.m.- 10- a.m.	
15	16 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	17 Vital Choice 1 p.m.- 2 p.m. Boxing & Strength 5:30 p.m.- 6:30 p.m.	18 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	19 Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	20 Super Sweat 10 a.m.- 11 a.m.	21 Total Body Conditioning 9 a.m.- 10- a.m.	
22	23 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Total Body Conditioning 5:15- 6:15 p.m.	24 Fit For Life 9-10 a.m. (A) Vital Choice 1 p.m.- 2 p.m.	25 CLOSED!	26 Fit For Life 9-10 a.m. (A) Total Body Conditioning 5:30 p.m.- 6:30 p.m.	27 Super Sweat 10 a.m.- 11 a.m.	28 Total Body Conditioning 9 a.m.- 10- a.m.	
29	30 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	31 Yoga (Fitness members only) 3:15p.m.- 4 p.m.	December Fitness Group Exercise Class Schedule				

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