



# Fitness Class Schedule



## DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00-10:00am Chisel- Alyce	<b>2</b> 9:00-10:00am Yoga- Callie	<b>3</b> 8:00-9:00am Boot Camp- Melissa
<b>5</b> 9:00-10:00am Yoga- Sharon	<b>6</b> 9:00-10:00am Cardio Dance- Erica 6:00-7:00pm Yoga- Jon Ahern	<b>7</b> 9:00-10:00am Kickboxing- Melissa	<b>8</b> 9:00-10:00am Chisel- Alyce	<b>9</b> 9:00-10:00am Yoga- Callie	<b>10</b> 8:00-9:00am Boot Camp- Holly
<b>12</b> 9:00-10:00am Yoga- Sharon	<b>13</b> 9:00-10:00am Chisel- Kendra 6:00-7:00pm Yoga- Jon Ahern	<b>14</b> 9:00-10:00am Kickboxing- Melissa	<b>15</b> 9:00-10:00am Cardio Dance- Erica	<b>16</b> 9:00-10:00am Yoga- Callie	<b>17</b> 8:00-9:00am Boot Camp- Melissa
<b>19</b> 9:00-10:00am Yoga- Sharon	<b>20</b> 9:00-10:00am Boot Camp- Holly 6:00-7:00pm Yoga- Jon Ahern	<b>21</b> 9:00-10:00am Chisel- Kendra	<b>22</b> NO CLASS HOLIDAY	<b>23</b> NO CLASS HOLIDAY	<b>24</b> NO CLASS HOLIDAY
<b>26</b> NO CLASS HOLIDAY	<b>27</b> NO CLASS HOLIDAY	<b>28</b> NO CLASS HOLIDAY	<b>29</b> NO CLASS HOLIDAY	<b>30</b> NO CLASS HOLIDAY	<b>31</b> NO CLASS HOLIDAY