DECEMBER 2016 Fitness Class Schedule

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
5:45-6:30 AM Aerobics Nicole		5:45-6:30 AM Aerobics Nicole		5:45-6:30 AM Aerobics Nicole
9:45 – 10:30 Morning Zumba Aimee	10 – 11 Martial Arts Tom	9:45 – 10:30 Morning Zumba Aimee	10 – 11 Martial Arts Tom	9:45 – 10:30 Morning Zumba Aimee
10:45-11:30 am Hi Energy Workout Barbara		10:45-11:30 am Hi Energy Workout Barbara		10:45-11:30 am Hi Energy Workout Barbara
11:45-12:30 am Silver Sneakers Barbara		11:45-12:30 am Silver Sneakers Barbara		11:45-12:30 Silver Sneakers Barbara
12:30-1:00 pm Wellness Workout Barbara	12 – 1 pm Lunchtime Yoga Brittany	12:30-1:00 pm Wellness Workout Barbara	12 – 1 pm Lunchtime Yoga Brittany	12:30-1:00 pm Wellness Workout Barbara
	Martial Arts Classes 3:30 pm Tom	3 – 4 Martial Arts Tom	Martial Arts Classes 3:30 pm Tom	
6:00-7:00 pm Total Body Workout Anna	6:30 – 7:30 Body Boost Barbara	6:00-7:00 pm Total Body Workout Anna	6:30 – 7:30 Body Boost Barbara	
7:15 – 8:15 Evening Zumba Aimee	8 – 9 Martial Arts Tom	7:15 – 8:15 Evening Zumba Aimee	7:40 – 8:40 Evening Zumba Aimee	

ALL December classes reduced!

- **Hi Energy Workout / Wellness Workout /Silver Sneakers**
  $15 member, $25 non-member - $7 member, $12 non-member
- **Body Boost, Total Body Workout**
  $20 member, $30 non- member - $10 member, $15 non-member
- **AM Aerobics**
  $25 member, $35 non- member - $12 member, $17 non-member
- **Morning Zumba – On Mon, Wed, Fri., Evening Zumba–Mon, Wed, Thur.**
  $25.00 member, $35 non-member - $12 member, $17 non-member
- **Lunchtime Yoga**
  $20 member, $30 non-member - $10 member, $15 non-member