

December 2024, FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	No classes Dec 24 & 31 STRENGTH 6-7am	No classes Dec 25 & Jan 1	No classes Dec 26 STRENGTH 6-7am	STRENGTH & STRETCH 6-7am	
STEP/ SCULPT 9:30-10:30am	EASY DOES IT FIT PARTY 9-10am	TOTAL BODY 9:30-10:30am	EASY DOES IT STRENGTH 9-10am	INTERVAL 9:30-10:30am	HIIT & STRETCH 9-9:45am
EASY DOES IT HI-LO 10:35-11:35am	BALL 10-10:30am EASY DOES IT BALANCE 10:35-11:05am	EASY DOES IT STRENGTH 10:35-11:35am	EASY DOES IT ZUMBA GOLD 10:05-11:05am	EASY DOES IT BALANCE 10:35-11:35am	
		EASY DOES IT RELAX AND REJUVENATE 11-11:45am *SENIOR LINE DANCE 12:45-1:45pm	EASY DOES IT GENTLE FLEX & STRETCH 11-11:45am		
BASIC STEP w/WEIGHTS 5:45-6:30pm			STRENGTH & CONDITION 5:45-6:30pm		
CORE 6-6:30pm	FLEXIBILITY & MOBILITY 6-6:30pm	STRENGTH 6-6:30pm			
BARRE 6:30-7:15pm	STRENGTH & CONDITION 6-6:45pm PILATES 6:30-7pm	STRETCH 6:30-7pm			
No ZUMBA Dec 23, 30 *ZUMBA W/ Queenie 6:30-7:30pm		*ZUMBA W/ Priscila 6:45-7:45pm	No WERQ Dec 5 WERQ 6:30-7:30pm	No LINEDANCE Dec 27 *LINE DANCE W/ Denise 6:30-7:30pm	FEES ON BACK *Daily fee per class

