



DECEMBER FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Yoga 9:30	2. Water Aerobics 9:30am	3. Pilates Fusion 9:30am	4. Water Aerobics 9:30am	5.
6.	7. Water Aerobics 9:30am	8. Yoga 9:30	9. Water Aerobics 9:30am	10. Pilates Fusion 9:30am	11. Water Aerobics 9:30am	12.
13.	14.	15. Yoga 9:30	16. Water Aerobics 9:30am	17. Pilates Fusion 9:30am	18. Water Aerobics 9:30am	19.
20.	21. Water Aerobics 9:30am	22. Yoga 9:30	23. Water Aerobics 9:30am	24. Pilates Fusion 9:30am	25. CHRISTMAS	26.
27.	28.	29. Yoga 9:30	30. Water Aerobics 9:30am	31. Pilates Fusion 9:30am		