

December

Fitness Classes with Donna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 YOGA 9:30 – 10:30	2 CIRCUIT 9:30 – 10:30	3 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	4 BOOM 9:30 – 10:30	5 YOGA 9:30 – 10:30	6
7	8 YOGA 9:30 – 10:30	9 CIRCUIT 9:30 – 10:30	10 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	11 BOOM 9:30 – 10:30	12 YOGA 9:30 – 10:30	13
14	15 YOGA 9:30 – 10:30	16 CIRCUIT 9:30 – 10:30	17 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	18 BOOM 9:30 – 10:30	19 YOGA 9:30 – 10:30	20
21	22 NO CLASS	23 NO CLASS	24 NO CLASS	25 NO CLASS	26 NO CLASS	27
28	29 YOGA 9:30 – 10:30	30 CIRCUIT 9:30 – 10:30	31 YOGA 9:30 – 10:30			