



Fitness Holiday Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
Pilates 8-9am Darleen	Gentle X 9:10-10:10am Lida	Power Hour 9:15-10:15am Mike	Yoga 8-9am Ellen	Core Conditioning 8-9am Yolanda
Drums & Tones 9:15-10:15am Lida		Yoga Flow 6-7pm Janice	Gentle X 9:10-10:10am Lida	
Cardio Plus 5:30-6:30pm Lida			Buti Yoga 7:00-8:00 Penny	
Yoga Flow 6-7pm Janice				
26	27	28	29	30
Pilates 8-9am Darleen	Gentle X 9:10-10:10am Lida	Power Hour 9:15-10:15 Mike	Gentle X 9:10-10:10am Lida	Core Conditioning 8-9am Yolanda
			Buti Yoga 7:00-8:00 Penny	

Holiday Punch Cards
 1 Punch: \$7R/\$9NR 2 Punch: \$12R/\$14NR 6 Punch: \$33R/40NR

MERRY FITMAS

