

+Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 <sup>rd</sup>  7:45am SPIN (60) Cory  10:30am KettleBell	24 <sup>th</sup> 5:30am Spin(30)-Jill 8:30am Spin(60)-Cory 8:30am Toning(60)-Amy  Happy Christmas Eve No evening classes	25 <sup>th</sup>  Merry Christmas  No Classes	26 <sup>th</sup> 5:30am Spin- Cory 9:30am Spin (30) 10:00am Toning(30)  No Evening Classes	27 <sup>th</sup> 5:30am Step-Erika 6:00am Tone/Core-E  4:15pm Spin(30)-Cory  5:30pm ZUMBA-Kim 6:30pm Spin(45)Darcie 7:15 BodyToning (30)	28 <sup>th</sup> 5:30am SPIN- Jill  9:30am 20/20/20-Cory	29 <sup>th</sup> 8:00am (50)Toning- Cory 9:00am Spin- (45)-Cory
30 <sup>th</sup>  7:45am SPIN (60) Cory  10:30am KettleBell	31 <sup>st</sup> 8:30am Spin(60)-Cory 8:30am Toning(60)-Amy  Happy New Years Eve No evening classes	Jan. 1st  Happy New Year  NO Classes	2nd 5:30am Spin- Cory 9:30am Spin (30) 10:00am Toning(30)  4:15pm RIP-Heather  5:30pm Toning(30) Cory 6:00pm Spin (30)-Cory	3rd 5:30am Step-Erika 6:00am Tone/Core-E  4:15pm SPIN(30)-Cory  5:30pm ZUMBA-Kim 6:30pm Spin(45)Darcie 7:15 BodyToning (30)	4th 5:30am SPIN- Jill  9:30am 20/20/20-Cory	5th 8:00am (50)Toning- Cory 9:00am Spin- (45)-Cory

YOGA WORKSHOP: January 26<sup>th</sup>: The Five Tibetans 10:00am till 12:00pm (Details to follow)

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The 12 Week Warrior starts January 7<sup>th</sup> Monday's @ 7:00pm & Wednesday's @ 7:00pm

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FREE CLASSES TO EVERYONE FROM DECEMBER 22<sup>RD</sup> THE 31ST