



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DECEMBER GROUP EX.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Orange = Class is taught with live instructor Green = Class is a pre-recorded class. Class Abbreviations Key: AAF = Active Adult Fitness, S&S = Strength & Stretch, HIIT = High Intensity Interval Training Classes are capped at 15 and are first come, first serve based on the sign-up sheet outside of the room.</p>		<p>1 8am: AAF (Jeanette) *5pm: HIIT (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>2 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Shernicka)</p>	<p>3 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette) *5pm: HIIT (Digital Inst.)</p>	<p>4 *9am: Yoga (Digital Inst.)</p>
<p>6 8am: AAF (Kim) *10am: AAF (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>7 8am: AAF (Kim) *5pm: Core (Digital Instructor) 6pm: Zumba® (Kisha)</p>	<p>8 8am: AAF (Jeanette) *5pm: HIIT (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>9 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Shernicka)</p>	<p>10 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette) *5pm: HIIT (Digital Inst.)</p>	<p>11 *9am: Yoga (Digital Inst.)</p>
<p>13 8am: AAF (Kim) *10am: AAF (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>14 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Kisha)</p>	<p>15 8am: AAF (Jeanette) *5pm: HIIT (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>16 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Shernicka)</p>	<p>17 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette) *5pm: HIIT (Digital Inst.)</p>	<p>18 *9am: Yoga (Digital Inst.)</p>
<p>20 8am: AAF (Kim) *10am: AAF (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>21 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Kisha)</p>	<p>22 8am: AAF (Jeanette) *5pm: HIIT (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>23 8am: AAF (Kim) *5pm: Core (Digital Inst.) *6pm: Zumba® (Digital Inst.)</p>	<p>24 *6am: Core (Digital Inst.) *8am: AAF (Digital Inst.) *9am: S&S (Digital Inst.)</p>	<p>25 CLOSED for Christmas </p>
<p>27 8am: AAF (Kim) *10am: AAF (Digital Inst.) *6:30pm: Yoga (Digital Inst.)</p>	<p>28 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Kisha)</p>	<p>29 8am: AAF (Jeanette) *5pm: HIIT (Digital Inst.) 6:30pm: Yoga (Robin)</p>	<p>30 8am: AAF (Kim) *5pm: Core (Digital Inst.) 6pm: Zumba® (Shernicka)</p>	<p>31 *6am: Core (Digital Inst.) *8am: AAF (Digital Inst.) *9am: S&S (Digital Inst.)</p>	