





# HOLIDAY FITNESS SCHEDULES

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	22		23		24		25		26		27		28
		Y PUMP 8 - 8:45 AM SENIOR BOXING 8 - 8:45 AM STRONG NATION 9-9:30 AM		CARDIO BOXING 8 - 8:45 AM				STEP 8-8:45 AM PILATES 9-9:45 AM		Y PUMP 8-8:45 AM ZUMBA 9-10 AM			
	29		30		31		1		2		3		4
		Y PUMP 8 - 8:45 AM SENIOR BOXING 8 - 8:45 AM STRONG NATION 9-9:30 AM		CARDIO BOXING 8 - 8:45 AM				STEP 8-8:45 AM PILATES 9-9:45 AM		Y PUMP 8-8:45 AM ZUMBA 9-10 AM			

**DON'T MISS OUT ON YOUR WORKOUT DURING THE HOLIDAYS!**  
**JOIN US FOR OUR, TWO WEEK HOLIDAY FITNESS SCHEDULE.**  
**THERE IS A CLASS FOR EVERYONE. CLASSES ARE FREE FOR MEMBERS AND NON MEMBERS!** NO NEED FOR REGISTRATION,  
**JUST JOIN US IN THE STUDIO. NON MEMBERS NEED TO CHECK IN AT THE FRONT DESK.**  
**CHILD WATCH WILL BE OPEN FOR MEMBERS ONLY.**