




FITNESS CLASSES & ACTIVITIES DECEMBER 2020

SOME, BUT NOT ALL
CLASSES WILL BE HELD
DECEMBER 1 - 31,
2020.

FITNESS CLASSES

CYCLING CLASSES




PICKLEBALL &
BADMINTON
ON REVERSE
SIDE

SUN	MON	TUE	WED	THU	FRI	SAT
12/6 11 - 12 Cycling* *Mask required	11/30 & 12/7 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 10:15 Chair Yoga 12:15 pm Step 1:00 Beg. Yoga 5:30 Boot Camp 5:30 pm Zumba 5:30 pm Cycling 6:30 pm Pilates	1 & 8 9:10 am Cycling 12:15 Toning 5:30 pm Karate* 5:30 pm Pilates 6:30 Kickboxing	2 & 9 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 12:15 pm Step 5:30 Boot Camp 5:30 pm Step 5:30 pm Zumba 6:30 pm Pilates	3 & 10 9:10 am Cycling 12:15 Toning 5:30 Karate* *Outside 5:30 pm Cycling	4 & 11 5:30 Toning 8:15 Gr. Strength 9:10 Core & More 9:10 am Cycling* *Mask required 12:15 pm Step	5 & 12 *Note Karate TTh 5:30 is meeting Outside
13 11 - 12 Cycling* *Mask required	14 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 10:15 Chair Yoga 12:15 pm Step 1:00 Beg. Yoga 5:30 Boot Camp 5:30 pm Zumba 5:30 pm Cycling 6:30 pm Pilates	15 9:10 am Cycling 12:15 Toning 5:30 pm Karate* *Outside 5:30 pm Pilates 6:30 Kickboxing	16 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 12:15 pm Step 5:30 Boot Camp 5:30 pm Step 5:30 pm Zumba 6:30 pm Pilates	17 9:10 am Cycling 12:15 Toning 5:30 Karate* *Outside 5:30 pm Cycling	18 5:30 Toning 8:15 Gr. Strength 9:10 Core & More 9:10 am Cycling* *Mask required 12:15 pm Step	19
20 11 - 12 Cycling* *Mask required	21 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 10:15 Chair Yoga 12:15 pm Step 1:00 Beg. Yoga 5:30 Boot Camp 5:30 pm Zumba 5:30 pm Cycling 6:30 pm Pilates	22 9:10 am Cycling 12:15 Toning 5:30 pm Karate* *Outside 5:30 pm Pilates 6:30 Kickboxing	23 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 12:15 pm Step 5:30 pm Step 6:30 pm Pilates	24 9:10 am Cycling Y Closes at 1:30 pm	25 Merry Christmas Y Closed 	26 
27 11 - 12 Cycling* *Mask required	28 5:45 Early Bird 8:15 Gr. Strength 9:10 Core & More 10:15 Chair Yoga 12:15 pm Step 1:00 Beg. Yoga 5:30 Boot Camp 5:30 pm Zumba 5:30 pm Cycling 6:30 pm Pilates	29 9:10 am Cycling 12:15 Toning 5:30 pm Karate* *Outside 5:30 pm Pilates 6:30 Kickboxing	30 5:45 Early Bird 8:15 Gr. Strength 12:15 pm Step 5:30 Boot Camp 5:30 pm Step 6:30 pm Pilates	31 9:10 am Cycling Y Closes at 1:30 pm	Jan. 1 Y Closed 	1/2 Free Demo Week 1/3 - 1/9/2021

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PICKLEBALL
BADMINTON

**FITNESS CLASSES
&
CYCLING CLASSES**
ON REVERSE SIDE

SUN	MON	TUE	WED	THU	FRI	SAT
6	11/30 & 12/7 8:30 Pickleball	1 & 8	2 & 9 8:30 Pickleball 1:30 pm Pickleball	3 & 10 6:30 Badminton	4 & 11 8:30 Pickleball 5:00 Pickleball	5 & 12
13	14 8:30 Pickleball	15	16 8:30 Pickleball 1:30 pm Pickleball 6:30 Badminton	17	18 8:30 Pickleball 5:00 Pickleball	19
20	21 8:30 Pickleball	22	23 8:30 Pickleball 1:30 pm Pickleball 6:30 Badminton	24 Y Closes at 1:30 pm	25 Merry Christmas Y Closed 	26 
27	28 8:30 Pickleball	29	30 8:30 Pickleball 1:30 pm Pickleball 6:30 Badminton	31 Y Closes at 1:30 pm	Jan. 1 Y Closed 	1/2 