

Thanks for participating in our annual FITNESS CHALLENGE CONTEST

through Dec 19th. Drop your completed card at the front desk.
Please write your name, email address, & T-shirt size on the back.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
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We will have a
reduced schedule today.

Sunday
No classes on
Christmas Eve!

Saturday
8:30 AM *RPM™ CYCLE - Jennifer
9:00 AM STEP JAM - Gloria
9:30 AM **TRX™ Tabata Training- Rebecca
10:00 AM MUSCLEWORKS - Susan
10:00 AM *YOGA - Pam T.

Sunday
New Year's Eve Workout
1:30pm - 3:00pm
StepJam with Gloria, BodyAttack™ with Rachel,
Pound™ with Pam, & Zumba™ with Tasha.