

CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

CYCLING | INSTRUCTOR SCHEDULE*

DECEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 5:30 Kerri 8:45 Lauren 5:00 Karen	2 8:30 Karen 9:45
3 11:00 Heather	4 5:30 Michelle 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	5 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	6 5:30 Julie 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	7 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	8 5:30 Julie 8:45 Lauren 5:00 Karen	9 8:30 Karen 9:45
10 11:00 Heather	11 5:30 Michelle 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	12 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	13 5:30 Julie 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	14 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	15 5:30 Michelle 8:45 Lauren 5:00 Karen	16 8:30 Karen 9:45
17 11:00 Heather	18 5:30 Michelle 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	19 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	20 5:30 Julie 11:15 Jen O 4:30 Kerri (EPIC) 5:30 Karen 7:00 Heather	21 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	22 5:30 Kerri 8:45 Lauren 5:00 Karen	23 8:30 Karen 9:45
24 11:00 Karen	25 MERRY CHRISTMAS CHOICE HEALTH & FITNESS CLOSED	26 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	27 5:30 Michelle 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	28 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	29 5:30 Kerri 8:45 Lauren 5:00 Karen	30 8:30 Katy 9:45
31 11:00 Karen						

*PLEASE NOTE: INSTRUCTOR SCHEDULES ARE POSTED AT THE BEGINNING OF EACH MONTH AND ARE SUBJECT TO CHANGE.