

CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

LARGE GROUP EX | INSTRUCTOR SCHEDULE*

DECEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 6:00 Sandy 9:00 Toni 10:15 Yvonne	2 8:30 Toni 9:45 Sandy
3 10:15 Yvonne 1:00 Kathryn	4 5:30 Sandy 8:45 Tammy 9:35 Tammy 10:30 Tammy 4:30 Becky 5:15 Chilly 6:00 Gina 7:00 Chilly	5 5:30 Lexy 12:15 Katy J 4:30 Toni 5:10 Chilly 6:00 Susan 7:00 Yvonne	6 5:30 Amanda 8:45 Tammy 9:35 Tammy 4:30 Becky 5:15 Chilly 6:00 Toni 7:00 Chilly	7 5:30 Kathryn 12:15 Naomi 5:10 Toni 6:00 Toni 7:00 Yvonne	8 6:00 Sandy 9:00 Andy 10:15 Amanda	9 8:30 Kathryn 9:45 Naomi
10 10:15 Yvonne 1:00 Steph	11 5:30 Sandy 8:45 Tammy 9:35 Tammy 10:30 Tammy 4:30 Becky 5:15 Chilly 6:00 Andy 7:00 TBD	12 5:30 Kathryn 12:15 Amanda 5:10 Becky 6:00 Susan 7:00 Naomi	13 5:30 Amanda 8:45 Tammy 9:35 Tammy 4:30 Susan 5:15 Chilly 6:00 Gina 7:00 Chilly	14 5:30 Lexy 12:15 Katy J 5:10 Chilly 6:00 Kathryn 7:00 Katie D	15 6:00 Sandy 9:00 Andy 10:15 Yvonne	16 8:30 Kathryn 9:45 Amanda
17 10:15 Yvonne 1:00 Steph M	18 5:30 Sandy 8:45 Tammy 9:35 Tammy 10:30 Tammy 4:30 Becky 5:15 Chilly 6:00 Andy 7:00 Chilly	19 5:30 Kathryn 12:15 Tammy 5:10 Becky 6:00 Susan 7:00 Naomi	20 5:30 Naomi 8:45 Tammy 9:35 Tammy 4:30 Becky 5:15 Chilly 6:00 Gina 7:00 Chilly	21 5:30 Lexy 12:15 Katie D 5:10 Chilly 6:00 Kathryn 7:00 Katy J	22 6:00 Sandy 9:00 Andy 10:15 Naomi	23 8:30 Lexy 9:45 Katy J
24 CHRISTMAS EVE NO CLASSES	25 MERRY CHRISTMAS CHOICE HEALTH & FITNESS CLOSED	26 5:30 TBD 12:15 Tammy 5:10 Chilly 6:00 Susan 7:00 Naomi	27 5:30 Naomi 8:45 Tammy 9:35 Tammy 4:30 Susan 5:15 Chilly 6:00 Gina 7:00 Chilly	28 5:30 Lexy 12:15 Naomi 5:10 Chilly 6:00 Gina 7:00 TBD	29 6:00 Sandy 9:00 Corey 10:15 Tammy	30 8:30 Kathryn 9:45 Yvonne
31 NEW YEARS EVE NO CLASSES						

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