

CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

SILVER SNEAKERS - YOGA | INSTRUCTOR SCHEDULE*

DECEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00 Cindy 12:00 Steph L	2 7:45 Cindy
3 11:45 Shauna	4 10:00 Alissa 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Michael	5 6:00 Alissa 8:45 Brenda 9:45 Amber 10:45 Brenda 4:00 Shauna 6:30 Steph M	6 10:00 Cindy 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Steph M 7:00 Emily	7 6:00 Cindy 8:45 Rose 9:45 Brenda 4:00 Katie D 6:30 Michael	8 10:00 Kerri 12:00 Katie D	9 7:45 Steph M
10 11:45 Alissa	11 10:00 Kerri 11:00 Margaret 12:00 Shauna 1:00 Chris (G2) 5:30 Heather	12 6:00 Alissa 8:45 Brenda 9:45 Rose 10:45 Cindy 4:00 Katie D 6:30 Steph M	13 10:00 Katie D 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Michael 7:00 Emily	14 6:00 Cindy 8:45 Amber 9:45 Brenda 4:00 Cindy 6:30 Michael	15 10:00 Shauna 12:00 Steph L	16 7:45 Alissa
17 11:45 Michael	18 10:00 Kerri 11:00 Margaret 12:00 Shauna 1:00 Chris (G2) 5:30 Michael	19 6:00 Alissa 8:45 Rose 9:45 Amber 10:45 Cindy 4:00 Shauna 6:30 TBD	20 10:00 Katie D 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Cindy 7:00 Emily	21 6:00 Cindy 8:45 Brenda 9:45 Brenda 4:00 Cindy 6:30 Katie D	22 10:00 Kerri 12:00 Cindy	23 7:45 Cindy
24 11:45 Heather	25 MERRY CHRISTMAS CHOICE HEALTH & FITNESS CLOSED	26 6:00 Alissa 8:45 Brenda 9:45 Amber 10:45 Amber 4:00 Shauna 6:30 Cindy	27 10:00 Cindy 11:00 Margaret 12:00 Cindy 1:00 Chris (G2) 5:30 TBD 7:00 Emily	28 6:00 Alissa 8:45 Brenda 9:45 Rose 4:00 Cindy 6:30 TBD	29 10:00 Shauna 12:00 Cindy	30 7:45 TBD
31 11:45 Shauna						

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