# DECEMBER

# strength & toning MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| | 1<br>**Senior Fun & Fit \| Kelley**<br>8:45-9:30 am (G2)<br>**Senior Circuit \| Kelley**<br>9:45-10:30 am (G2)<br>**SS Classic \| Kelley**<br>11:00-11:45 am (Y1)<br>**BODYPUMP \| Isabell**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| Alyssa**<br>4:45-5:45 pm (G2) | 2<br>**BODYPUMP \|Yvonne**<br>5:30-6:30 am (G2)<br>**BODYPUMP \| Amber**<br>9:00-10:00 am (G2)<br>**BODYPUMP \| Sandy**<br>5:15-6:00 pm (G2) | 3<br>**Senior Fun & Fit \|Jennifer**<br>8:45-9:30 am (G2)<br>**Senior Circuit \|Jennifer**<br>9:45-10:30 am (G2)<br>**BODYPUMP \| Sandy**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| TBD**<br>4:45-5:45 pm (G2)<br>**BODYPUMP \|Katya**<br>7:00-8:00 pm (G2) | 4<br>**BODYPUMP \| Alyssa**<br>5:30-6:30 am (G2)<br>**BODYPUMP \| Isabell**<br>10:15-11:00 am (G2) | 5<br>**BODYPUMP \|Alyssa**<br>9:45-10:45 am (G2) | 6<br>**BODYPUMP \| Sandy**<br>10:30-11:30 am (G2) |
| 7<br>**BODYPUMP \| Sandy**<br>5:30-6:30 am (G2)<br>**BODYPUMP \| Isabell**<br>9:00-10:00 am (G2)<br>**BODYPUMP \|Katya**<br>7:00-8:00 pm (G2) | 8<br>**Senior Fun & Fit \| Kelley**<br>8:45-9:30 am (G2)<br>**Senior Circuit \| Kelley**<br>9:45-10:30 am (G2)<br>**SS Classic \| Kelley**<br>11:00-11:45 am (Y1)<br>**BODYPUMP \| Isabell**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| Alyssa**<br>4:45-5:45 pm (G2) | 9<br>**BODYPUMP \|Yvonne**<br>5:30-6:30 am (G2)<br>**BODYPUMP \| Amber**<br>9:00-10:00 am (G2)<br>**BODYPUMP \| Naomi**<br>5:15-6:00 pm (G2) | 10<br>**Senior Fun & Fit \|Jennifer**<br>8:45-9:30 am (G2)<br>**Senior Circuit \|Jennifer**<br>9:45-10:30 am (G2)<br>**BODYPUMP \| Sandy**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| Yvonne**<br>4:45-5:45 pm (G2)<br>**BODYPUMP \|TBD**<br>7:00-8:00 pm (G2) | 11<br>**BODYPUMP \| Yvonne**<br>5:30-6:30 am (G2)<br>**BODYPUMP \|Amber**<br>10:15-11:00 am (G2) | 12<br>**BODYPUMP \|Alyssa**<br>9:45-10:45 am (G2) | 13<br>**BODYPUMP \|Yvonne**<br>10:30-11:30am (G2) |
| 14<br>**BODYPUMP \|Sandy**<br>5:30-6:30 am (G2)<br>**BODYPUMP \| Amber**<br>9:00-10:00 am (G2)<br>**BODYPUMP \|Yvonne**<br>7:00-8:00 pm (G2) | 15<br>**Senior Fun & Fit \| Kelley**<br>8:45-9:30 am (G2)<br>**Senior Circuit \| Kelley**<br>9:45-10:3<br>**SS Classic \| Kelley**<br>11:00-11:45 am (Y1)<br>**BODYPUMP \| Tammy**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| Alyssa**<br>4:45-5:45 pm (G2) | 16<br>**BODYPUMP \| Yvonne**<br>5:30-6:30 am (G2)<br>**BODYPUMP \| Amber**<br>9:00-10:00 am (G2)<br>**BODYPUMP \| Sandy**<br>5:15-6:00 pm (G2) | 17<br>**Senior Fun & Fit \|Jennifer**<br>8:45-9:30 am (G2)<br>**Senior Circuit \|Jennifer**<br>9:45-10:30 am (G2)<br>**BODYPUMP \|Sandy**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| Yvonne**<br>4:45-5:45 pm (G2)<br>**BODYPUMP \|Katya**<br>7:00-8:00 pm (G2) | 18<br>**BODYPUMP \| Alyssa**<br>5:30-6:30 am (G2)<br>**BODYPUMP \|Amber**<br>10:15-11:00 am (G2) | 19<br>**BODYPUMP \| Katya**<br>9:45-10:45 am (G2) | 20<br>**BODYPUMP \|Katya**<br>10:30-11:30 am (G2) |
| 21<br>**BODYPUMP \|Sandy**<br>5:30-6:30 am (G2)<br>**BODYPUMP \|Amber**<br>9:00-10:00 am (G2)<br>**BODYPUMP \|Yvonne**<br>7:00-8:00 pm (G2) | 22<br>**Senior Fun & Fit \|Kelley**<br>8:45-9:30 am (G2)<br>**Senior Circuit \|Kelley**<br>9:45-10:30 am (G2)<br>**SS Classic \| Kelley**<br>11:00-11:45 am (Y1)<br>**BODYPUMP \|Isabell**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \|Alyssa**<br>4:45-5:45 pm (G2) | 23<br>**BODYPUMP \|Yvonne**<br>5:30-6:30 am (G2)<br>**BODYPUMP \|Naomi**<br>9:00-10:00 am (G2)<br>**BODYPUMP \|Sandy**<br>5:15-6:00 pm (G2) | 24 **Open 5am-1pm**<br>**Senior Fun & Fit \|Jennifer**<br>8:45-9:30 am (G2)<br>**Senior Circuit \| Jennifer**<br>9:45-10:30 am (G2)<br>**BODYPUMP \| Katya**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \|CLOSED**<br>4:45-5:45 pm (G2)<br>**BODYPUMP \|CLOSED**<br>7:00-8:00 pm (G2) | 25<br>**MERRY CHRISTMAS**<br>**CLOSED** | 26<br>**BODYPUMP \|Katya**<br>9:45-10:45 am (G2) | 27<br>**BODYPUMP \|Yvonne**<br>10:30-11:30 am (G2) |
| 28<br>**BODYPUMP \|Sandy**<br>5:30-6:30 am (G2)<br>**BODYPUMP \|Isabell**<br>9:00-10:00 am (G2)<br>**BODYPUMP \|Katya**<br>7:00-8:00 pm (G2) | 29<br>**Senior Fun & Fit \|Kelley**<br>8:45-9:30 am (G2)<br>**Senior Circuit \|Kelley**<br>9:45-10:30 am (G2)<br>**SS Classic \| Kelley**<br>11:00-11:45 am (Y1)<br>**BODYPUMP \|Isabell**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \|Alyssa**<br>4:45-5:45 pm (G2) | 30<br>**BODYPUMP \|TBD**<br>5:30-6:30 am (G2)<br>**BODYPUMP \|Amber**<br>9:00-10:00 am (G2)<br>**BODYPUMP \|Sandy**<br>5:15-6:00 pm (G2) | 31<br>**Senior Fun & Fit \|Jennifer**<br>8:45-9:30 am (G2)<br>**Senior Circuit \| Jennifer**<br>9:45-10:30 am (G2)<br>**BODYPUMP \| Amber**<br>12:00-12:45 pm (G2)<br>**BODYPUMP \| TBD**<br>4:45-5:45 pm (G2)<br>**BODYPUMP \|Katya**<br>7:00-8:00 pm (G2) | | | |

***PLEASE NOTE:*** *Instructor schedules are posted at the beginning of the month and are subject to change.*