


December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	2 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	3 9:15am Zumba – Melissa	4 9:00 Zumba - April
5	6 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Yoga - Nancy 6:30 Zumba - April	7 10:35am Hatha Yoga -Nancy 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	8 9:15am Zumba – Melissa 4:15pm Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	9 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 – Pilates on the Ball - Nancy	10 9:15am Zumba – Melissa	11 9:00 Muscle Pump - Connie
12	13 9:15am Zumba – 4:15pm Body Defined - Bonnie 5:15 Yoga - Nancy 6:30 Zumba - April	14 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	15 9:15am Zumba – Nancy 4:15pm Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	16 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	17 9:15am Zumba – Melissa	18 9:00 Zumba - April
19	20 9:15am Zumba – April 4:15pm Body Defined - Nancy 5:15 Yoga Nidra - Kathy 6:30 Zumba - April	21 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	22 9:15am Cardio Dance Party – Nancy 4:15pm Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Nancy	23 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	24 Unstaffed	25 Christmas Day Unstaffed 
6 Unstaffed	27 9:15am Zumba – April 4:15pm Body Defined - Bonnie 5:15 Yoga - Nancy 6:30 Zumba - April	28 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	29 9:15am Cardio Dance Party – Nancy 4:15pm Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Nancy	30 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	31 Holiday Hours: 8:00am-5:00pm	1/1/2011 Holiday Hours: 12:00pm-5:00pm 2:00 Zumba - April