

DECEMBER 2019

# HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	<b>Feature Class</b> Holiday Aqua Rise, 6:30 am	<b>Holiday Party</b> Join us for holiday cheer & treats, 4:30 - 6 pm  <b>Member Clinic</b> Flip Turn, 5:15 pm	<b>Meet the Trainer</b> Johanna Ward - Holiday Help with Anytime, Anywhere Exercises, 12 pm & 12:30 pm	<b>Member Clinic</b> Beginner Flip Turn, 5:15 pm	<b>Member Clinic</b> Learn to Swim, 11 am  <b>Feature Class</b> Holiday Aqua Rev-up, 9:45 am
15	16	<b>Feature Class</b> Divas Deck the Hall DanceFit, 5:15 pm	<b>Member Clinic</b> Freestyle Swim Clinic, 5:15 pm	<b>Feature Class</b> Aqua Zumba, 1:15 pm	20	21
22	<b>Holiday hours &amp; schedules in effect until January 5</b>  Facility closes at 8 PM	<b>Feature Class</b> Holiday Aqua Zumba, 12:15 pm  Facility closes at 3 PM	<b>Facility closed for Christmas Day</b>	<b>Facility closed for Boxing Day</b>	Facility closes at 8 PM  <b>Friendly Friday</b> Bring a friend for free! (ID required)	28
29	Facility closes at 8 PM	Facility closes at 3 PM	<b>January 1</b> <b>Facility closed for New Years Day</b>			