

MERRY FITNESS!

Fitness Holiday Schedule Dec. 19 - 30



DECEMBER 19 - 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday Cheer Chair YOGA 11:15 a.m. - CAMILLE Vinyasa Flow YOGA 6:00 p.m. - JENNY ZUMBA Toning 7:15 p.m. - TRACI	Jingle Bells ZUMBA Gold! 10:15 a.m. - SILVIA Seated ZUMBA Gold + Drumming all the way! Noon - SILVIA Cycle Challenge Duathlon 4:30 p.m. - DEBBIE C. 20/20/20 6:00 p.m. - DEBBIE R. Tai Chi 6:00 p.m. - JAY Feliz Navidad with ZUMBA! 7:15 p.m. - TRACI/SILVIA	12 Days of Fit-Mas 9:00 a.m. - JENNY YIN-YOGA 10:00 a.m. - JENNY A Holiday RIDE 5:30 p.m. - TRACI SH1FT+L1FT 6:30 p.m. - TRACI	Tai Chi 9:00 a.m. - LINDA/JAY C.H.R.I.S.T.M.A.S WORKOUT! 10:15 a.m. - SILVIA Holiday Cheer Chair YOGA 11:15 a.m. - JENNY Cycle Challenge Duathlon 4:30 p.m. - DEBBIE C. Cardio Blast 6:00 p.m. - DEBBIE R. Core De Force 7:15 p.m. - TRACI	12 Days of Fit-Mas 9:00 a.m. - JENNY Vinyasa Flow YOGA 5:00 p.m. - HEATHER

DECEMBER 26 - 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Flow into the New Year Chair Yoga 11:15 a.m. - JENNY New Year New Me! Yoga Tone & Tighten 6:00 p.m. - JENNY ZUMBA Toning 7:15 p.m. - TRACI	ZUMBA Gold New Year Bash! 10:15 a.m. - SILVIA Seated ZUMBA Gold + Drumrolls for the New Year! Noon - SILVIA Cycle Challenge Duathlon 4:30 p.m. - DEBBIE C. New Year New Me! Yoga Tone & Tighten 6:00 p.m. - JENNY Zumba New Year Bash! 7:15 p.m. - TONY	Active and Healthy New YOU! 9:00 a.m. - JENNY New Year's Self Care Yoga Practice 10:00 a.m. - JENNY Vinyasa YOGA 5:30 p.m. - HEATHER Restorative YOGA 6:30 p.m. - HEATHER	New Year's Eve Countdown the Calories Celebration! 10:15 a.m. - SILVIA Flow into the New Year Chair Yoga 11:15 a.m. - JENNY Cycle Challenge Duathlon 4:30 p.m. - DEBBIE C. Core De Force 7:15 p.m. - TRACI	New Year's Eve Countdown the Calories Celebration! 10:15 a.m. - JENNY TRX 5:30 p.m. - TRACI

Happy Holidays! The Deer Grove Leisure Center will be closed Dec. 24, 25, 31, and Jan. 1