

December 2018 Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT	9:30AM - CIRCUIT TRAINING - CURVES GYM MATT	9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT	9:30AM - CIRCUIT TRAINING - CURVES GYM - MATT	9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT
9:30AM - AQUA AEROBICS - POOL SULEKHA	11AM - TAI CHI - EXERCISE ROOM 1015 SULEKHA Tuesday, December 11th	10:30AM - BALANCE AND FALL PREVENTION - EXERCISE ROOM 1015 -MATT	9:30AM - AQUA AEROBICS - POOL SULEKHA	10:30AM - BALANCE and FALL PREVENTION - EXERCISE ROOM 1015 - MATT
12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT	12PM - FOREVER YOUNG JOINTS - EXERCISE ROOM 1015 - MATT	12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT	12PM - FOREVER YOUNG JOINTS - EXERCISE ROOM 1015 - MATT	12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT
	3PM - CHAIR YOGA - EXERCISE ROOM 1015 - SULEKHA	1:30PM - A STEP AHEAD - BALANCE EXERCISE - EXERCISE ROOM 1015 - DEREK		3PM - LINE DANCING CLASS - EXERCISE ROOM 1015 - SULEKHA