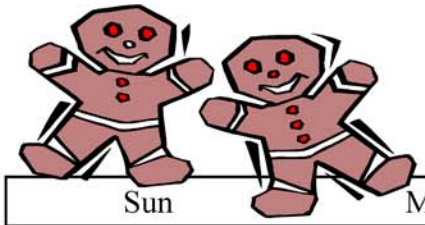
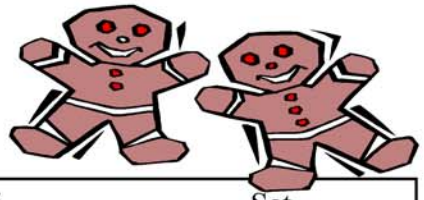


DECEMBER AEROBICS



LAND CLASSES

TABATA- Tabata

SIM-Seniors in Motion

SWT-Senior Weight Training

WATER CLASSES

JMS-Just My Speed **AN-Aqua Nuts**

HART-Hydro Aerobic Training

HSPIN-hydrosping

SLOSPIN- WaterBiking

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HSPIN-5:15am BB-6am JMS-8am SWT-10am	2 TABATA-5:30am AN-8am SIM-11am	3
4	5 TABATA-5:30am AN-8am HART-6pm	6 JMS-8am SWT-10am SIM-11am	7 TABATA-5:30am SLSPIN-7:30am AN-8am HART-6pm	8 HSPIN-5:15am BB-6am JMS-8am SWT-10am	9 TABATA-5:30am AN-8am SIM-11am	10
11	12 TABATA-5:30am AN-8am HART-6pm	13 JMS-8am SWT-10am SIM-11am	14 TABATA-5:30am SLSPIN-7:30am AN-8am HART-6pm	15 HSPIN-5:15am BB-6am JMS-8am SWT-10am	16 TABATA-5:30am AN-8am SIM-11am	17
18	19 TABATA-5:30am AN-8am HART-6pm	20 JMS-8am SWT-10am SIM-11am	21 TABATA-5:30am SLSPIN-7:30am AN-8am HART-6pm	22 HSPIN-5:15am BB-6am JMS-8am SWT-10am	23 TABATA-5:30am AN-8am SIM-11am	24
25	26 TABATA-5:30am AN-8am HART-6pm	27 JMS-8am SWT-10 **SIM-No Class**	28 TABATA-5:30am **SLSPIN-NO Class** AN-8am HART-6pm	29 HSPIN-5:15am BB-6am JMS-8am SWT-10am	30 TABATA-5:30am AN-8am **SIM-No Class**	31