




# December 2017

## Activity/Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	<i>Get Pumped</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Absolute Core</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Get Pumped</i>	
8:00am	<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>	<i>Aerobics w/Anna</i>
8:40am	<i>Strictly Stretching</i>		<i>Strictly Stretching</i>		<i>Strictly Stretching</i>	
9:00am		<i>Beginner's Zumba</i>		<i>Beginner's Zumba</i>		<i>Beginner's Zumba</i>
9:15am	<i>Water Aerobics</i>		<i>Aqua Zumba</i>		<i>Water Aerobics</i>	<i>Water Aerobics</i>
9:30am			<i>Ladies Bridge</i>			
10:15am		<i>Water Aerobics</i>		<i>Water Aerobics</i>		
11:30am	<i>Circuit Training (Limited to 6 People)</i>		<i>Circuit Training (Limited to 6 People)</i>		<i>Circuit Training (Limited to 6 People)</i>	
12:30pm			<i>Mahjong</i>			
1:00pm	<i>Mahjong</i>		<i>The Crafty Ladies</i>			
2:30pm				<i>Dominoes</i>		
3:00pm				<i>Ladies Bridge</i>		
3:30pm		<i>Couples Bridge</i>				
4:00pm	<i>Yoga</i>		<i>Yoga</i>			
7:00pm					<i>Movie Night</i>	

No Saturday exercise classes on Dec 9th  
 Lylian Vacation Dec 20th-Jan 2nd (No Exercise Classes)



Merry Christmas and Happy Holidays  
 from the Activity Center Staff!

Lylian and Pat 