Updated 11/28/2018

December 2018 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9-9:45a GIT Fit 9-10a Zumba® ***NO Deep Water-Pool CLOSED for cleaning*** 10-11a SS Basic 6-7p 30/30 Core and Kick 6-7p Zumba®-**Stacey**	4 8-8:30a Pilates ***NO SS Splash-Pool CLOSED for cleaning*** 9-10a Boot Camp 10:15-11:30a TaiChi 太极 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® ***NO Water Aerobics-Pool CLOSED for cleaning***	5 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	6 8-8:30a Pilates ***NO SS Splash-Pool CLOSED for cleaning*** 9-10a Zumba® 10-11a SS Basic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® ***NO Water Aerobics-Pool CLOSED for cleaning***	7 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	8
9	10 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Basic 6-7p 30/30 Core and Kick 6-7p Zumba®-**Jackie**	11 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30aTaiChi 太极 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Angie**	12 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Jackie**	13 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Basic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	14 9-9:45a GIT Fit - **Bea** 10:15–11:15a Yoga-**Michela**	15
16	17 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Basic 6-7p 30/30 Core and Kick 6-7p Zumba®-**Stacey**	18 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:15a TaiChi 太极 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Angie**	19 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	20 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Basic 10:15-11:15a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	21 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	22
23	24 ***CLOSED*** ***CHRISTMAS EVE***	25 ***CLOSED*** ***CHRISTMAS DAY***	26 **No Classes**	27 **No Classes**	28 **No Classes**	29

** In order to allow **SilverSneaker** members to participant in Forever Young and Water Aerobics classes we've had to change their name. Water Aerobics is now **SilverSneaker Splash** and Forever Young is **SilverSneaker Basic**.

30	31 ***CLOSED*** ***NEW YEAR'S EVE***	January 1 ***CLOSED*** ***NEW YEAR'S DAY***	January 2 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	January 3 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Basic 10:15-11:15a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	January 4 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	January 5