Update 11/28/18

December 2018 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 5:45-6:30a Boot Camp-**Taryn** 9-10a Mix It Up Monday 8:30-9:30a SS Splash**-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Amber** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	4 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle **6:20-7:20p No Water Aerobics this evening* 6:30-7:30p Zumba®	5 5:45-6:30a Boot Camp-**Taryn** 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	6 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	7 9-9:45a Quick Fit 9-10a SS Splash**- **Taryn** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	8 9:30-10:30a Zumba®-**Alisha**
9	10 5:45-6:30a Boot Camp- **Taryn** 9-10a Mix It Up Monday 8:30-9:30a SS Splash**-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	11 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba®	12 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	13 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	14 9-9:45a Quick Fit 9-10a SS Splash**- **Taryn** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	15 9:30-10:30a Strong by Zumba®
16	17 5:45-6:30a Boot Camp-**Taryn** 9-10a Mix It Up Monday 8:30-9:30a SS Splash**-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Amber** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	18 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba®	19 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	20 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	21 9-9:45a Quick Fit 9-10a SS Splash**- **Taryn** 4:30-5:30p Quick Fit-**Will** **5:30-6:30p No Yoga tonight*	22 9:30-10:30a Quick Fit-**Will**

** 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**.

23	24 ***CLOSED*** ***CHRISTMAS EVE***	25 ***CLOSED*** ***CHRISTMAS DAY***	26 ***NO Classes***	27 ***NO Classes***	28 ***NO Classes***	29 ***NO Classes***
30	31 ***CLOSED*** ***NEW YEAR'S EVE***	January 1 ***CLOSED*** ***NEW YEAR'S DAY***	January 2 5:45-6:30a Boot Camp-**Amber** 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	January 3 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Basic**-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	January 4 9-9:45a Quick Fit 9-10a SS Splash**- **Taryn** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	January 5 9:30-10:30a Zumba®-**Alisha**