



Active Wellness Club

Festive Fitness Classes!

- ❖ No registration required!
- ❖ December 2 - 18
- ❖ Drop in fee only \$5 per class
- ❖ All Access \$50 – attend all classes & save \$\$



Best deal in town!

December

Monday	Tuesday	Wednesday	Thursday	Friday
2. 5:30 Body Blast (Cheryl K)	3. 4:30pm Pilates (Liz) *make up class	4. 10:15 Yoga (Liz)	5. 5:30 FIT (Cheryl K)	6. 9:00 Yoga (Liz)
9. 4:30 Body Blast (Cheryl K) 5:35 Yoga (Gail)	10. 4:30 Pilates (Liz)	11. 4:30 Yoga Dance (Gail)	12. 4:30 FIT (Cheryl K)	13. 9:00 Yoga (Gail) *make up class
16. 4:30 Body Blast (Cheryl K) 5:35 Yoga (Gail)	17. 4:30 Pilates (Liz)	18. 10:15 Yoga (Liz)		



**Make up classes are n/c for those who registered for Fall Active Wellness Club*

Stay Active! Stay Healthy!