



DECEMBER



2024



SilverSneakers[®]

by Tivity Health



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30	4 YOGA 1:30 - 2:30 WALKING/COMBO 2:30 - 3:30	5 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30	6	7
8	9	10 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30	11 YOGA 1:30 - 2:30 WALKING/COMBO 2:30 - 3:30	12 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30	13	14
15	16	17 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30	18 YOGA 1:30 - 2:30 WALKING/COMBO 2:30 - 3:30	19 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30	20	21
22	23	24 <u>NO CLASS</u>	25 MERRY CHRISTMAS <u>NO CLASS</u>	26 <u>NO CLASS</u>	27	28
29	30	31 YOGA 9:30 - 10:30 CARDIO 10:30 - 11:30				

