




Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30am Zumba® - Beth	2 9:00am Zumba® - April 10:00am Muscle Pump - April
3	4 9:30am Zumba® - April 4:15pm Body Defined - Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Tabata—Katrina	5 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump - Katrina	6 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined - Nancy 6:30pm Vinyasa Yoga - Elizabeth	7 7:30am Zumba® - Marcie 9:00am Yoga - Kim 5:00pm Gentle Yoga - April W. 6:00pm Unbeliev-a-Ball - Tracy	8 9:30am Zumba® - April	9 9:00am Zumba® - April 10:00am Muscle Pump - April
10	11 9:30am Zumba® - April 4:15pm Body Defined - Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Minute Mania—Katrina	12 7:30am Zumba® - Beth 9:00am Yoga - Tammy 6:30pm Muscle Mixer - Melani	13 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined - Nancy 6:30pm Vinyasa Yoga - Elizabeth	14 7:30am Zumba® - Beth 9:00am Yoga - Kim 5:00pm Gentle Yoga - April W. 6:00pm Body Bar Flex - Tracy	15 9:30am Zumba® - April	16  8:30am Santa Run 9:00am Zumba® - April 10:00am Muscle Pump
17 Holiday Get Together Dec. 17, 2:00pm Gauthier Vineyard	18 9:30am Zumba® - April 4:15pm Body Defined - Nancy 6:30pm Step—Melani	19 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump - Katrina	20 9:15am Cardio / Strength Combo—Courtney 6:30pm Vinyasa Yoga - Michele	21 1st day of Winter 7:30am Zumba® - Marcie 6:00pm Unbeliev-a-Ball - Tracy 	22 9:30am Zumba® - April	23 UNSTAFFED
24	25 UNSTAFFED 	26 UNSTAFFED	27 9:15am Cardio / Strength Combo—Courtney 6:30pm Vinyasa Yoga - Kim	28 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:00pm Muscle Pump - Tracy	29 9:30am Zumba® - Beth	30 10:00am Muscle Mixer—Katrina
31	1 Holiday Hours 10:00am - 2:00pm 10:00am Cardio / Strength Combo—Katrina					Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm