

# New Body Fitness & Wellness

# DECEMBER

# 2018

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                         |
|--------|--|---|---|--|---|----------------------------------|
|        |  |   |   |  |   | 7:30 - 9:30am<br>Open Circuit 1  |
| 2      | <u>5:15 - 6am</u> 3<br>Total Body Condition<br><br><u>5 - 7pm</u><br>Open Circuit  | <u>5:15pm</u> 4<br>Stretch Balance Flow<br><br><u>6:00pm</u><br>Tabata/Barre Mix  | <u>5:15am</u> Strength 5<br>w/Tommy<br><u>5:15pm</u> All Abs<br><u>5:45pm</u> Stability Ball<br><u>6:30pm</u> SlamBall/<br>Weights  | 6 - 7pm 6<br><b>STRONG</b> w/Mitzi<br>(members \$5<br>Non-member \$10 &<br>good for class pass)  | <u>5:15am</u> Strength 7<br>w/Tommy<br><u>6:00pm</u><br>Total Body Condition                        | 7:30 - 9:30am<br>Open Circuit 8  |
| 9      | <u>5:15 - 6am</u> 10<br>Total Body Condition<br><br><u>5 - 7pm</u><br>Open Circuit | <u>5:15pm</u> 11<br>Stretch Balance Flow<br><br><u>6:00pm</u><br>Tabata/Barre Mix | <u>5:15am</u> Strength 12<br>w/Tommy<br><u>5:15pm</u> All Abs<br><u>5:45pm</u> Stability Ball<br><u>6:30pm</u> SlamBall/<br>Weights | 6 - 7pm 13<br><b>STRONG</b> w/Mitzi<br>(members \$5<br>Non-member \$10 &<br>good for class pass) | <u>5:15am</u> Strength 14<br>w/Tommy<br><br><u>6 - 8pm</u><br><b>WOMENS GROUP</b><br><b>MEET UP</b> | 7:30 - 9:30am<br>Open Circuit 15 |
| 16     | <u>5:15 - 6am</u> 17<br>Total Body Condition<br><br><u>5 - 7pm</u><br>Open Circuit | 18<br><b>NO PM CLASSES</b>  | <u>5:15am</u> Strength 19<br>w/Tommy<br><u>5:15pm</u> All Abs<br><u>5:45pm</u> Stability Ball<br><u>6:30pm</u> SlamBall/<br>Weights | 20<br><u>6 - 7pm</u><br>Anything Goes  | <u>5:15am</u> Strength 21<br>w/Tommy<br><br><u>6:00pm</u><br>Total Body Condition                   | 7:30 - 9:30am<br>Open Circuit 22 |
| 23     | <u>5:15 - 6am</u> 24<br>Strength w/Tommy<br><br><b>NO PM CLASSES</b>               | 25<br><b>* CLOSED*</b><br><br>Merry Christmas!                                    | <u>5:15am</u> Strength 26<br>w/Tommy<br><u>5:15pm</u> All Abs<br><u>5:45pm</u> Stability Ball<br><u>6:30pm</u> SlamBall/<br>Weights | 27<br><u>6 - 7pm</u><br>Anything Goes  | <u>5:15am</u> 28<br>Total Body Condition  | 7:30 - 9:30am<br>Open Circuit 29 |
| 30     | <u>7 - 9am</u> 31<br>Open Circuit<br><b>NO PM CLASSES</b>                          |   |   |  |   |                                  |