

# December 2022

| Monday                                  | Tuesday                     | Wednesday          | Thursday   | Friday             |
|---|-----------------------------|--------------------|--|--------------------|
|   |                             |                    | 1<br>Sit N B Fit 10:00 Pam<br>Body Pump 6:30 pm  | 2<br>H2O 8:00 Pam  |
| 5<br>H2O 8:00 Pam<br>Body Pump 6:30 pm  | 6<br>Sit N B Fit 10:00 Pam  | 7<br>H2O 8:00 Kim  | 8<br>Sit N B Fit 10:00 Pam<br>Body Pump 6:30 pm  | 9<br>H2O 8:00 Pam  |
| 12<br>H2O 8:00 Pam<br>Body Pump 6:30 pm | 13<br>Secure Balance 10:00  | 14<br>H2O 8:00 Kim | 15<br>Sit N B Fit 10:00 Pam<br>Body Pump 6:30 pm | 16<br>H2O 8:00 Pam |
| 19<br>H2O 8:00 Pam<br>Body Pump 6:30 pm | 20<br>Sit N B Fit 10:00 Pam | 21<br>H2O 8:00 Kim | 22<br>Sit N B Fit 10:00 Pam                      | 23<br>H2O 8:00 Pam |
| 26<br>H2O 8:00 Pam                      | 27<br>Sit N B Fit 10:00 Pam | 28<br>H2O 8:00 Kim | 29<br>Sit N B Fit 10:00 Pam                      | 30<br>H2O 8:00 Pam |

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