Class Descriptions on back of Calendar

DECEMBER 2012

Getting Better Every Day!

Instructors will modify content of class if only 1 participant attends. A more personalized environment will be presented, including utilization of equipment, performing core exercises, and educating member on any specific fitness inquiries they may have.

LAND AEROBICS CALENDER

Contact: Fitness staff 329-7623/ 7624

	Mon.	Tues.	Wed.	Thurs.	Fri.
DEC 3-7	9:00 SIT N FIT – A 12:15 ZUMBA – BB CHRISTMAS PARADE	12:15 STEP - M 12:15 SPINFIT - C 5:15 ZUMBA - A	9:00 ARTHRITIS – A 12:15 LOWER CUT – M 5:15 TOTAL BODY - J	12:15 STEP - A 5:15 SPINFIT - M 5:15 YOGA – BS	9:00 ZUMBA - BB
DEC 10-14	9:00 SIT N FIT – M 12:15 ZUMBA – A 5:15 TOTAL BODY– J 6:15 PILATES - J	12:15 TOTAL BODY - M 5:15 STEP & SCULPT - A	9:00 ARTHRITIS – C 12:15 UPPER CUT – J 5:15 BOX MANIA - C	12:15 STEP – C 5:15 SPINFIT - M 5:15 YOGA - LM	9:00 ZUMBA - A
DEC 17-21	9:00 SIT N FIT – C 12:15 ZUMBA - BB 5:15 TOTAL BODY - J 6:15 PILATES -J	12:15 STEP - M 12:15 SPINFIT - C 5:15 BOX MANIA - A	9:00 ARTHRITIS – A 12:15 LOWER CUT – C 5:15 STEP & SCULPT - M	12:15 STEP - A 5:15 SPIN FIT – M 5:15 YOGA - LM	
DEC 24-28			9:00 ARTHRITIS – C 12:15 TOTAL BODY – C	12:15 STEP - A 5:15 SPIN FIT – KM 5:15 YOGA - LM	9:00 ZUMBA - A
DEC 31	9:00 SIT N FIT – BB 12:15 ZUMBA – BB				

Instructors for land classes: C - Cara Tidwell; A - Amy Jones; M - Matt Parker; J - Jan Hare; KK - Karen Kison; K - Kristi Moncrief; BB - Barbara Bates; LM - Linda Moore; CH - Corley Holt; BS - Barbara Sokol; KC - Kathy Chapman; KM – Kaylyn McClendon

All classes subject to change each month