

**** December 2024 ****

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	3 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	4 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	5 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB- (Brain, Body, Balance)	6 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
9 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	10 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	11 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 10:00 Winter Wonderland Walk 2:00 Exercising with therapy	12 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB	13 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
16 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	17 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	18 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 1:00 Jingle Bell Jive 2:00 Exercising with therapy	19 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB	20 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
23 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	24 HAPPY HOLIDAYS HAPPY HOLIDAYS HAPPY HOLIDAYS HAPPY HOLIDAYS	25 HAPPY HOLIDAYS HAPPY HOLIDAYS HAPPY HOLIDAYS HAPPY HOLIDAYS	26 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB	27 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
30 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	31 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	<ul style="list-style-type: none"> ➤ >Classes in RED will be held at the Lakeside Essence Lounge. ➤ >Classes in BLUE will be held at the Oakside Group Exercise Room ➤ Pop up fun 10:00 Dec. 11th Winter Wonderland Walk ➤ Dec. 18th 1:00 PM Jingle Bell Jive 		