

DECEMBER 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	8:15-9:15am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge	3	7pm Ladies Cards	4	8:15-9:15am Strength, <u>Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	5		6	8:15-9:15am Total Body <u>Workout</u> 9am Water <u>Aerobics</u> 12:30pm Mah <u>Jong</u> 7-10pm Holiday	7	
8		9	8:15-9:15am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge	10	7pm Ladies Cards	11	8:15-9:15am Strength, <u>Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	12	9am ARC Meeting	13	8:15-9:15am Total Body Workout 9am Water Aerobics 12:30pm Mah Jong	14	
15		16	8:15-9:15am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge 6:30pm Texas Holdem	17	7pm Ladies Cards	18	8:15-9:15am Strength, <u>Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	19	9am Board Meeting	20	8:15-9:15am Total Body Workout 9am Water Aerobics 12:30pm Mah Jong	21	
22		23	8:15-9:15am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge	24	7pm Ladies Cards	25	8:15-9:15am Strength, <u>Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	26		27	8:15-9:15am Total Body Workout 9am Water Aerobics 12:30pm Mah Jong	28	
29		30	8:15-9:15am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge				8:15-9:15am Strength, <u>Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong						