



# **DECEMBER-PARKER**

## **Weekend Group Exercise Schedule**

### **Saturday, Dec 1st**

8:00-9:00am Cycling- Tiffany

9:00-10:00am Zumba/Toning- Emily

### **Sunday, Dec 2nd**

7:30-8:30am-Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

### **Saturday, Dec 8th**

8:00-9:00am Cycling- Amanda

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Dec 9th**

7:30-8:30am Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba-Emily

### **Saturday, Dec 15th**

8:00-9:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Dec 16th**

7:30-8:30am Group Power (S.T.T.)- Julie St.

9:00-10:00am Zumba-Emily

### **Saturday, Dec 22nd**

8:00-9:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Dec 23rd**

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba- Emily

### **Saturday, Dec 29th**

8:00-9:00am Cycling- Tiffany

9:00-10:00am Zumba/Toning- Emily

### **Sunday, Dec 30th**

7:30-8:30am Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba- Emily