




December Group Fitness Schedule – Wesley Chapel

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	4 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	5 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	6 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	7 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Joann (L1) 11:00 am- Senior Fitness - Earl (L1)
10 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	11 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	12 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	13 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	14 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Joann (L1) 11:00 am- Senior Fitness - Earl (L1)
17 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	18 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	19 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	20 NO CLASSES	21 NO CLASSES
24 NO CLASSES	25 	26 NO CLASSES	27 NO CLASSES	28 NO CLASSES
31 NO CLASSES				Level 1 (L1)– Beginner/Low Intensity Level 2 (L2) – Intermediate/ Moderate Intensity Level 3 (L3) – Advanced/High Intensity