



December 2017 Employee Group Exercise Schedule



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | | | 1 12:00-12:30 NO CLASS BLOOD DRIVE |
| 4 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul | 5 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata | 6 12:00-12:30pm Total Body Tone | 7 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes | 8 12:00-12:30pm Body Blast |
| 11 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul | 12 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata | 13 12:00-12:30pm Tabata | 14 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes | 15 12:00-12:30pm Body Blast |
| 18 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul | 19 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata | 20 12:00-12:30pm Total Body Tone | 21 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes | 22 12:00-12:30pm Body Blast |
| 25 NO CLASS <i>Merry Christmas</i>  | 26 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata | 27 12:00-12:30pm Tabata | 28 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes | 29 12:00-12:30 Body Blast |