



SFSPORTS • FITNESS • FRIENDS

DECEMBER-PUMP IT UP ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	2 Cardio Rhythmic Step 8:00-8:45am Zumba 6:10-7:00pm	3 Zumba Gold-Toning 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength Stamina-Stretch 4:30-5:30pm	4 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	5 Sweaty Secret 8:00-8:45am
8 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	9 Cardio Rhythmic Step 8:00-8:45am Barre – 5:00-6:00pm Zumba 6:10-7:00pm	10 Zumba Gold-Toning 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength Stamina-Stretch 4:30-5:30pm	11 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	12 Sweaty Secret 8:00-8:45am
15 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	16 Cardio Rhythmic Step 8:00-8:45am Barre-5:00-6:00pm Zumba 6:10-7:00pm	17 Zumba Gold Toning 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	18 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	19 Sweaty Secret 8:00-8:45am
22 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 4:30-5:30pm	23 Cardio Rhythmic Step 8:00-8:45am Barre – 5:00-6:00pm Zumba 6:10-7:00pm	24 Closed Today Enjoy you Holiday!	25 Closed Today Merry Christmas!	26 Sweaty Secret 8:00-8:45am
29 Cardio Dance 8:00-8:45 Strength Stamina-Stretch 4:30-5:30pm	30 Cardio Rhythmic Step 8:00-8:45am Barre-5:00-6:00pm Zumba 6:10-7:00pm	31 Zumba Gold-Toning 8:00-8:45am Closing at 12:00 New Years Eve.	Zoom Number 603-851-2617 Code 7lw11z	Riverside Hours: Mon.-Thurs. 6am-8pm Friday 6am-5pm Saturday 7am-Noon Sunday-Closed



SPORTS • FITNESS • FRIENDS

DECEMBER-TURF and POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Silver Sneakers Classic 9:00-9:45 Water Arthritis 10:00-11:00am	2 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	3 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	4 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	5 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
8 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	9 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	10 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	11 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	12 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
15 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	16 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	17 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	18 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	19 <u>Silver Sneakers Classic</u> <u>10:00-11:00am</u> Water Arthritis 10:00-11:00am <div>Christmas Pot Luck Starting at 11:30</div>
22 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	23 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	24 <div>Closed</div> <div>Enjoy the Holiday!</div>	25 <div>Closed</div> <div>Merry Christmas</div>	26 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
29 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	30 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	31 Silver Sneakers Classic 9:00-9:45 Water Arthritis 10:00-11:00am <div>Closing at 12:00</div>		