



SPORTS • 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	25 Closed Today	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 7lw1z	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

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