

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ➤ Classes highlighted in red are held in the Lakeside Essence lounge ➤ Classes highlighted in blue are held in the Oakside Group Exercise room ➤ Please observe class cancellations due to holiday schedule Bone Builders, Ageless Grace, Yoga & Fitness 				<p>1</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>4</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>5</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p> <p>1:30 Tai Chi</p>	<p>6</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>9:30 Ageless Grace</p> <p>2:00 Exercisin' with therapy</p>	<p>7</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p>	<p>8</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>11</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>12</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p> <p>1:30 Tai Chi</p>	<p>13</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Seated Flow</p> <p>2:00 Exercisin' with therapy</p>	<p>14</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p>	<p>15</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>18</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>19</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p> <p>1:30 Tai Chi</p>	<p>20</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>2:00 Exercisin' with therapy</p>	<p>21</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone builders</p> <p>1:00 Sit and b fit</p>	<p>22</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>25</p> <p>No Fitness Class Have a Happy Holiday!</p>	<p>26</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>1:00 Sit and b fit</p> <p>1:30 Tai Chi</p>	<p>27</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>2:00 Exercisin' with therapy</p>	<p>28</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>1:00 Sit and b fit</p>	<p>29</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>