December 2025 Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	2 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	3 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	4 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	5 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	6 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
7 	8 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	9 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	10 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	11 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	12 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	13 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
14  Hanukkah Begins	15 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	16 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	17 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	18 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	19 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	20 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
21 	22 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	23 9am Curls & Crunches - Angela 10am Boogie Lite - Gail	24 9am Gentle Yoga - Beth	25 Merry Christmas Christmas	26 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 11:30am Line Dance (Ent. Rm) 1:30pm Aqua Blast - Joni Kwanzaa Begins	27 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
28	29 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	30 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	31 Happy New Year's New Year's Eve			