

**MONDAY DECEMBER 13
AT**

*Yoga
Party*
7:30 AM



tabata style workout

TUESDAY DECEMBER 14 AT 6:30AM

**THURSDAY
DECEMBER 16
AT**

Ho Ho
Fit & Flow



7:00 PM

**FRIDAY DECEMBER 17
AT 7AM**

*merry
mobilty*



**SATURDAY
DECEMBER 18
AT**

*Yuletide
Yoga
Circuit*
9:00 AM

Christmas Tree Workout
**SUNDAY DECEMBER 19 AT
10:00AM**

*Solstice Yoga
Celebrations*



**TUESDAY DECEMBER 21
AT 7PM
(60-MINUTES)**

**WEDNESDAY DECEMBER 22
AT 7AM**

cardio craze

**MONDAY
DECEMBER 20
AT 6:30AM**

tuff core

Register at: www.pulsegenerator.ca
12 Days of Fitmas

This program is FREE, but you need to register via Wellness Living to get the workout links.

All workouts are led via Zoom and are 15-20 minutes in length, unless otherwise stated.

Recovery Moment

**THURSDAY DECEMBER 23 AT
7:30 AM**

FRIDAY DECEMBER 24 AT 9 AM

*12 Day of PG
Fitmas
(30-minutes)*



*The
12 Days
of
Fitmas*

