

Sunday	Monday	Tuesday	December 2025 Wednesday	Thursday	Friday	Saturday
Torus Yoga by Shelton 9am-10am	1 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	2 CLOSED	3 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	4 TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	5 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	6 Emotional Emancipation Circles 10am- 1130am
7 Torus Yoga by Shelton 9am-10am	8 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	9 CLOSED	10 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	11 TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	12 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	13 Emotional Emancipation Circles 10am- 1130am
14 Torus Yoga by Shelton 9am-10am	15 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	16 CLOSED	17 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	18 TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	19 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	20 Emotional Emancipation Circles 10am- 1130am
21 Torus Yoga by Shelton 9am-10am	22 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	23 CLOSED	24 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	25 TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	26 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	27 Emotional Emancipation Circles 10am- 1130am
28 Torus Yoga by Shelton 9am-10am	29 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	30 CLOSED	31 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	TurboKick (HIIT) 10am-11am Chi Town Steppin 6pm-7pm	Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	