

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	<ul style="list-style-type: none"> 6:00 AM Yoga 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 6:00 PM Bells & Bags 6:00 PM Arthritis Foundation Aquatics 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 8:15 AM Stretch for Life 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:15 PM Essentrics 	<ul style="list-style-type: none"> 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 5:15 PM Essentrics 6:00 PM Arthritis Foundation Aquatics 6:00 PM Bells & Bags 	<ul style="list-style-type: none"> 6:00 AM Yoga 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 	
9	10	11	12	13	14	15
	<ul style="list-style-type: none"> 6:00 AM Yoga 6:30 AM Essentrics 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 6:00 PM Bells & Bags 6:00 PM Arthritis Foundation Aquatics 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 8:15 AM Stretch for Life 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:15 PM Essentrics 	<ul style="list-style-type: none"> 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 6:30 AM Essentrics 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 5:15 PM Essentrics 6:00 PM Arthritis Foundation Aquatics 6:00 PM Bells & Bags 	<ul style="list-style-type: none"> 6:00 AM Yoga 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 	
16	17	18	19	20	21	22
	<ul style="list-style-type: none"> 6:00 AM Yoga 6:30 AM Essentrics 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 6:00 PM Bells & Bags 6:00 PM Arthritis Foundation Aquatics 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 8:15 AM Stretch for Life 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:15 PM Essentrics 	<ul style="list-style-type: none"> 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 6:30 AM Essentrics 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 5:15 PM Essentrics 6:00 PM Arthritis Foundation Aquatics 6:00 PM Bells & Bags 	<ul style="list-style-type: none"> 6:00 AM Yoga 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 	
23	24	25	26	27	28	29
<p style="background-color: #d9ead3; padding: 2px;">Early Closure 1 p.m.</p> <ul style="list-style-type: none"> 6:00 AM Yoga 6:30 AM Essentrics 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 	Holiday Closure		<ul style="list-style-type: none"> 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 9:00 AM Morning Arthritis 	<ul style="list-style-type: none"> 5:15 AM HIIT It Hard 6:30 AM Essentrics 9:00 AM Arthritis Foundation Aquatics 1:00 PM Afternoon Arthritis 4:30 PM Body Works 5:00 PM Arthritis Foundation Aquatics 5:15 PM Essentrics 6:00 PM Arthritis Foundation Aquatics 	<ul style="list-style-type: none"> 6:00 AM Yoga 7:00 AM Arthritis Foundation Aquatics 9:00 AM Body Works 	
30	31	1	2	3	4	5
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