

December – 2025 – FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am Mat Pilates w/Demet 10am Aqua Fitness	2 10am Aqua Fitness	3 10am Aqua Fitness	4 9am Light Weights w/Demet 10am Aqua Fitness	5 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	6
7	8 8:30am Video Exercise Class 10am Aqua Fitness	9 10am Aqua Fitness	10 8:30am Video Exercise Class 10am Aqua Fitness	11 9am Light Weights w/Demet 10am Aqua Fitness	12 8:30am Video Exercise Class 10am Aqua Zumba w/Karen	13
14	15 8:30am Video Exercise Class 10am Aqua Fitness	16 10am Aqua Fitness	17 8:30am Video Exercise Class 10am Aqua Fitness	18 9am Light Weights w/Demet 10am Aqua Fitness	19 8:30am Video Exercise Class 10am Aqua Zumba w/Karen	20
21	22 8:30am Video Exercise Class 10am Aqua Fitness	23 10am Aqua Fitness	24 8:30am Video Exercise Class 10am Aqua Fitness	25 9am Light Weights w/Demet 10am Aqua Fitness	26 8:30am Video Exercise Class 10am Aqua Zumba w/Karen	27
28	29 8:30am Video Exercise Class 10am Aqua Fitness	30 10am Aqua Fitness	31 8:30am Video Exercise Class 10am Aqua Fitness	BLUE: FITNESS CLASSES GREEN: GROUPS & CLUBS RED: SPECIAL EVENTS PURPLE: FOOD TRUCKS	All dates, times & locations of activities & events listed are subject to change without notice	