

HOLIDAY CLASSES AND POP-UPS



TIME

CLASS NAME

THURSDAY DEC 4TH

9:30 AM

RUDOLPH RUMBLE

SUNDAY DEC 6TH

10:15 AM

POUND

SATURDAY DEC 13TH

8:00 AM

CANDY CANE COMBAT

SUNDAY DEC 14TH

9:00 AM

MERRY MAT PILATES

SUNDAY DEC 21ST

10:00 AM

ELF YOURSELF

TUESDAY DEC 23RD

8:30 AM

BUILD AND BE MERRY

The more holiday classes you participate in the more

chances to win

Fitness Memberships available

WWW.FITFOR-LIFE.ORG

