

# 'TIS THE SEASON TO BE **FIT**

DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30am   Zero-5k 11am   TRX	2 9am   Metcon 12pm   Kettlebells	3 9am   Strength Training 4:30pm   Shock 6:30pm   Sports Performance	4 8am   Boxing 5:30pm   Youth Strength	5 12pm   Women & Weights 5:30pm   Youth Boxing	6 10:30   Kettlebells 5:30pm   Parent/Child Metcon	7 9am   Sports Performance
8 10:30am   Zero-5k 11am   TRX	9 9am   Metcon 12pm   Kettlebells	10 9am   Strength Training 4:30pm   Shock 6:30pm   Sports Performance	11 8am   Boxing 5:30pm   Youth Strength	12 12pm   Women & Weights 5:30pm   Youth Boxing	13 10:30   Kettlebells 5:30pm   Parent/Child Metcon	14 9am   Sports Performance 10:30am   Parent/Child Metcon
15 10:30am   Zero-5k 11am   TRX	16 9am   Metcon 12pm   Kettlebells	17 9am   Strength Training 4:30pm   Shock 6:30pm   Sports Performance	18 8am   Boxing 5:30pm   Youth Strength	19 12pm   Women & Weights 5:30pm   Youth Boxing	20 10:30   Kettlebells 5:30pm   Parent/Child Metcon	21 9am   Sports Performance 10:30am   Parent/Child Metcon
22 10:30am   Zero-5k 11am   TRX	23 9am   Metcon 12pm   Kettlebells	24 9am   Strength Training	25 	26 12pm   Women & Weights 5:30pm   Youth Boxing	27 10:30   Kettlebells 5:30pm   Parent/Child Metcon	28 9am   Sports Performance 10:30am   Parent/Child Metcon
29 10:30am   Zero-5k 11am   TRX	30 9am   Metcon 12pm   Kettlebells	31 9am   Strength Training	1	2	3 	4

All classes except for Zero-5k will be in the mezzanine • Zero-5k will meet on the track • All classes are 1 hour long • Ages 10 and up

