



















FITNESS CLASSES

DECEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Rafa 	Rafa HARD CORE ABS	Rafa CARDIO BLAST	Rafa <i>STRENGTH TRAINING</i>	Rafa CARDIO BLAST	
8:00 AM	Edith 	Edith <i>Full body cardio</i>	Edith 	Edith 	Edith 	
8:30 AM						
9:00 AM						Edith 
9:15 AM		Winifred 		Winifred 		
10:00 AM			Hisako SENIOR® FITNESS		Hisako SENIOR® FITNESS	Yvette 
11:00 AM	Hisako SENIOR® FITNESS					
11:30 AM						
6:00 PM	Yvette 	Elvira 	Yvette 	Elvira 		
7:00 PM	Edith 	Yvette 	Edith CARDIO BLAST			
8:00 PM	Thania 	Omar 		Omar 		

ASK ABOUT OUR UNLIMITED FITNESS PASS FOR ONLY \$25 / MONTH, REC MEMBERS ONLY