

# HOLIDAY FUN FITNESS

	MONDAY DECEMBER 9	TUESDAY DECEMBER 10	WEDNESDAY DECEMBER 11	THURSDAY DECEMBER 12	FRIDAY DECEMBER 13
<b>Morning</b>		<b>Class</b> Keep Moving <b>Instructor</b> Dan <b>Time</b> 9:05am <b>Room</b> KNA 170		<b>Class</b> Keep Moving <b>Instructor</b> Kerri <b>Time</b> 9:05am <b>Room</b> KNA 170	<b>Class</b> <b>Instructor</b> <b>Time</b> <b>Room</b>
<b>Lunch</b>	<b>Class</b> Jolly Jabbers <b>Instructor</b> Gretchen <b>Time</b> 12:05pm <b>Room</b> KNB 70	<b>Class</b> JingleSpin and Strength <b>Instructor</b> Jessica <b>Time</b> 12:05pm <b>Room</b> KNB 70	<b>Class</b> Twinkle Bells Total Body 5 <b>Instructor</b> Stella <b>Time</b> 12:05pm <b>Room</b> KNA 170	<b>Class</b> Holiday Power Half-Hour <b>Instructor</b> Jessica <b>Time</b> 12:20pm (30 minutes) <b>Room</b> KNB 70	<b>Class</b> Chiseled Tinsled Toned <b>Instructor</b> Shawna Bava <b>Time</b> 12:05pm <b>Room</b> KNA 170
<b>Evening</b>		<b>Class</b> Winter Warrior Flow <b>Instructor</b> Iva <b>Time</b> 5:00pm <b>Room</b> KNA 162	<b>Class</b> Barres of Holly - Barre workout <b>Instructor</b> Bhakti <b>Time</b> 5:00pm <b>Room</b> KNA 162	<b>Class</b> 12 days of Christmas - Workout Style <b>Instructor</b> Vicki <b>Time</b> 6:00pm <b>Room</b> KNB 70	
<b>Evening</b>				<b>Class</b> RUSH Yoga <b>Instructor</b> Brett <b>Time</b> 7:15pm <b>Room</b> KNA 162	

	MONDAY DECEMBER 16	TUESDAY DECEMBER 17	WEDNESDAY DECEMBER 18	THURSDAY DECEMBER 19
<b>Morning</b>		<b>Class</b> Keep Moving <b>Instructor</b> Dan <b>Time</b> 9:05am <b>Room</b> KNA 170		<b>Class</b> Keep Moving <b>Instructor</b> Kerri <b>Time</b> 9:05am <b>Room</b> KNA 170
<b>Lunch</b>	<b>Class</b> Luna Yoga and Core <b>Instructor</b> Pam <b>Time</b> 12:05pm <b>Room</b> KNA 162	<b>Class</b> Holiday Power Half-Hour <b>Instructor</b> Amy <b>Time</b> 12:20pm (30 minutes) <b>Room</b> KNB 70	<b>Class</b> Chiseled Tinsled Toned <b>Instructor</b> Shawna <b>Time</b> 12:05pm <b>Room</b> KNA 170	<b>Class</b> Merry Moves Double Step <b>Instructor</b> Amy <b>Time</b> 12:05pm <b>Room</b> KNB 70
	<b>Class</b> Shawdow Box and Core <b>Instructor</b> Stella <b>Time</b> 12:00pm <b>Room</b> KNA 170		<b>Class</b> Yoga Sound Bath <b>Instructor</b> Lisa <b>Time</b> 12:00pm <b>Room</b> KNA 162	
<b>Evening</b>	<b>Class</b> Zumba Festive Fiesta <b>Instructor</b> Bhakti <b>Time</b> 5:00pm <b>Room</b> KNA 162	<b>Class</b> Flow with the Season <b>Instructor</b> Iva <b>Time</b> 5:00pm <b>Room</b> KNA 162	<b>Class</b> Holiday Pilates & Barre <b>Instructor</b> Christine <b>Time</b> 7:00pm <b>Room</b> KNA 162	