



Active Adults

DECEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
	1 Nutrition Class	2 Zumba Gold Chair Aerobics	3 Mat Pilates Chair Yoga	4	5 Rhythm & Sculpt DIY Crafting	6	<u>Weekly Fitness Classes!!!</u> Tuesdays: 9 AM Zumba Gold 10 AM Chair Aerobics Wednesdays: 10 AM Mat Pilates 11 AM Chair Yoga Fridays: 10:45 AM Rhythm & Sculpt
7	8 Nutrition Class	9 Zumba Gold Chair Aerobics	10 Mat Pilates Chair Yoga	11	12 Rhythm & Sculpt DIY Crafting	13	
14	15 Nutrition Class	16 Zumba Gold Chair Aerobics	17 Mat Pilates Chair Yoga	18	19 Rhythm & Sculpt DIY Crafting	20	
21	22 Nutrition Class	23	24	25	26	27	
28	29	30	31				