

2021 DECEMBER

SUNDAY

CALENDAR YEAR / MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 5:30 PM CORE N' CARDIO	30 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	01	02 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	03	04
05	06 5:30 PM CORE N' CARDIO	07 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	08	09 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	10	11
12	13 5:30 PM CORE N' CARDIO	14 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	15	16 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	17	18
19	20 5:30 PM CORE N' CARDIO	21 9:00 AM Silver Sneakers	22	23 9:00 AM Silver Sneakers	24	25
26	27	28 9:00 AM Silver Sneakers	29	30 9:00 AM Silver Sneakers	31	01