

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am-Fitness w/ Marni 11:30am-Chair Yoga w/ Candi	2 9am-Fitness w/ Marni No class w/ Sonja	3 9am- Fitness w/ Marni	4 10am-Fitness w/ Marni 11:30am- Chair Yoga/ Candi	5 10am- Chair Yoga w/ Robin	6 10am-You Tube sit & Fit
7	8 9am-Fitness w/ Marni 11:30am-Chair Yoga w/ Candi	9 9am-Fitness w/Marni 10am-Stretch n Tone w/ Sonja	10 9am-Fitness w/ Marni	11 10am- Fitness w/ Marni Marni 11:30am- Chari Yoga w/ Candi	12 10am-Chair Yoga w/ Robin	13 10am- You Tube Sit & Fit
14 Hanukkah Begins	15 9am-Fitness w/ Marni 11:30am-Chair Yoga w/ Candi	16 9am-Fitness w/ Marni 10am-Stretch n Tone w/ Sonja	17 9am- Fitness w/ Marni	18 10am- Fitness w/ Marni	19 10am-Chair Yoga w/ Robin	20 10am-You Tube Sit & Fit
21 Winter Begins	22 9am-Fitness w/ Marni 11am-Chair Yoga w/ Candi	23 9am-Fitness w/ Marni 11am-Stretch n Tone w/ Sonja	24 9am- Fitness w/ Marni	25 MERRY CHRISTMAS OFFICE CLOSED Christmas	26 10am- Chair Yoga w/ Robin Boxing Day (Canada) Kwanzaa Begins	27 10am- You Tube Sit & Fit
28	29 9am-Fitness w/ Marni 11am-chair Yoga w/ Cand	30 9am- Fitness w/ Marni 10am-Stretch n Tone w/ Sonja	31 HAPPY NEW YEAR OFFICE CLOSED New Year's Eve	December 2025  		