



DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 8:30am WA- Susan 8:30am Zumba- Meeca 9am BP- Meeca 10:15am—BF— Jordyn 12pm BP-EX- Jessica 5:30pm-BP- Angie	2 6:15am- FS - Cindy 8:30am-Core-Heather 9:05 SPRINT- Heather 10:15am-Yoga- Sage 12pm Bodystep- Sage 4:30pm-WA- Susan 5:30 BC- Deja	3 6:30am Sprint- Lilly 8:30am WA- Susan 9am BP- Angie 10:15am Shapes- Lucy 12pm BPEX - Jessica 5:30pm Sprint-Becca 6:05pm BPEX- Becca	4 6:15am- FS- Cindy 9am-Shapes- Lucy 10:15am-Yoga- Sage 12pm SPRINT-Becca 5:30pm-SPRINT- Heather 6:00pm - Shapes- Koel	5 8:30am WA- Susan 9 am BP- Angie 10:15am BF-Heather 12:10pm Shape- Koel	6 9am FS- Angie 10:15am BF- Koel 12:10pm Shapes- Koel
7	8 8:30am WA- Susan 8:30am Zumba- Meeca 9am BP- Meeca 10:15am—BF— Jordyn 12pm BP-EX- Jessica 5:30pm-BP- Angie	9 6:15am- FS - Cindy 8:30am-Core- Heather 9:05 SPRINT- Kelsey 10:15am-Yoga- Sage 12pm SPRINT- Becca 4:30pm-WA- Susan 5:30 BC- Deja	10 Leonard C. Burch Day! Closed	11 6:15am- FS - Cindy 9am-Shapes- Lucy 10:15am-Yoga- Sage 12pm SPRINT-Becca 5:30pm-SPRINT- Kelsey 6:00pm - Shapes- Koel	12 8:30am WA- Mich 9 am BP-Angie 10:15am BF-Heather 12:10pm Shape-	13 9am BP- Deja 10:10am-Shape- Lucy
14	15 8:30am WA- Morgan 8:30am Zumba- Meeca 9am BP- Meeca 10:15am—BF—Jordyn 12pm BP-EX- Jalisa 5:30pm-BP- Angie	16 6:15am- FS - Cindy 8:30am-Core-Heather 9:05 SPRINT- Kelsey 10:15am-Yoga- Kristin 12pm BodyStep- Sage 4:30pm-WA- Morgan 5:30 BC- Cindy	17 6:30am Sprint- Lilly 8:30am WA- Susan 9am BP- Angie 10:15am Shapes- Cassandra 12pm BPEX - Jessica 5:30pm Sprint- - Cindy 6:05pm BPEX- Deja	18 6:15am- FS - Cindy 9am-Shapes- Lucy 10:15am-Yoga- Sage 12pm SPRINT- Kesley 5:30pm-SPRINT- Becca 6:00pm - Shapes-	19 8:30am WA- Susan 9 am BP- Sage 10:15am BF- Heather 12:10pm Shape-Koel	20 9am FS-Susan 10:10am-Shape-Koel
21	22 8:30am WA- Susan 8:30am Zumba- Meeca 9am BP- Heather 10:15am—BF— Jordyn 12pm BP-EX- Jessica 5:30pm-BP- Becca	23 6:15am- FS - Cindy 8:30am-Core-Heather 9:05 SPRINT- Kelsey 10:15am-Yoga-Kristin 12pm SPRINT- Becca 4:30pm-WA- Susan 5:30 BC- Deja	24 6:30am Sprint- Lilly 8:30am WA- Susan 9am BP- Angie 10:15am Shapes- Lucy 12pm BPEX - Heather Hours: 7-5	25 Merry Christmas	26 Building Closed	27 9am BP- Deja 10:10am-Shape-
28	29 8:30am WA- Susan 8:30am Zumba- Meeca 9am BP- Meeca 10:15am—BF— Jordyn 12pm BP-EX- Heather 5:30pm-BP- Angie	30 6:15am- FS - Cindy 8:30am-Core-Heather 9:05 SPRINT- Kesley 10:15am-Yoga- Sage 12pm Bodystep- Sage 4:30pm-WA- Susan 5:30 BC- Deja	31 6:30am Sprint- Lilly 8:30am WA- Susan 9am BP-Angie 10:15am Shapes- Cassandra 12pm BPEX - Becca Hours: 7-5	1 HAPPY New Year	2 10:15am BF-Heather 12:10pm Shape- Koel Hours: 10-2	3 9am FS- Susan 10:10am-Shape- Lucy