

December 2018

Wellbeats™

These on demand fitness classes are FREE this month and led by fun, virtual instructors! Come solo or get a few friends together and try out a class today!

November '18							January '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 6:00am-Body Strong-35 min 6:45am-Punch Kick Move 20 min 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 3:30pm-Moon Salutation 35 min 4:15pm-Silver and Fit-20 min 4:45pm-Fast N Furious-35 min 5:30pm-Body Strong-35 min	4	5 6:00am-Body Strong-35 min 6:45am-Punch Kick Move 20 min 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 3:30pm-Moon Salutation 35 min	6 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 10:00am-Transitions Basic-20 min 10:30am-Moon Salutation-35 min	7	8
9	10 6:00am-Body Strong-35 min 6:45am-Punch Kick Move 20 min 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min NO EVENING CLASSES	11	12 6:00am-Body Strong-35 min 6:45am-Punch Kick Move 20 min 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min	13 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 10:00am-Transitions Basic-20 min 10:30am-Moon Salutation-35 min	14	15
16	17 6:00am-Body Strong-35 min 6:45am-Punch Kick Move 20 min 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 3:30pm-Moon Salutation 35 min 4:15pm-Silver and Fit-20 min 4:45pm-Fast N Furious-35 min 5:30pm-Body Strong-35 min	18	19 6:00am-Body Strong-35 min 6:45am-Punch Kick Move 20 min 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 3:30pm-Moon Salutation 35 min	20 8:15am-Silver and Fit-50 min 9:15am-Silver and Fit-35 min 10:00am-Transitions Basic-20 min 10:30am-Moon Salutation-35 min	21	22
23	24 NO CLASSES	25 NO CLASSES	26 NO CLASSES	27 NO CLASSES	28	29
30	31 NO CLASSES	*FREE. *Members may bring a guest to a class up to 6 times a year. *Must sign a one-time waiver available at the class. *Questions? Contact wellnesscenter@fl-hs.org *Fitness classes will have a nominal fee starting in 2019.				

