



Classes and Programs

December 2021

<p>Notes</p>	<p>Advance registration required for all classes.</p> <p>NEW- DRUMS ALIVE on Tuesdays @ 10 am.</p>	<p><i>When the weather is snowy: please bring a dry pair of shoes and change at the new wood benches in the lobby. Wet shoes or boots should be left in the coat room. Thank you</i></p>	<p>To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive (O/B) or Spinning, a recent Assessment is needed.</p>
<p>Special Info</p>		<p>There are no classes on the 24th or 31st Happy Holidays!!</p>	

Day of the Week	Time	Class	Color Level
MONDAYS			
	9:45 am 11:30 am 11:30 am 12:45 pm-2:00 pm 2:00 pm-2:30 pm 2:30 pm 4:30 pm 5:45 pm	Mindful Movement Better Every Day™ Better Every Day™ Mindful Movement/ Better Every Day™/Boxing Boxing Boxing Tai Chi Better Every Day™	Green/Orange/Blue Orange/Blue Green Yellow Green Orange/Blue only All Colors Orange/Blue
TUESDAYS			
<p>NEW class- starts Dec. 7th</p>	10:00 am 11:30 am 1:30 pm 2:30 pm	Drums Alive Spinning Song in My Heart Loud Crowd	Orange/Blue ONLY Green/Orange/Blue All Colors All Colors
WEDNESDAYS			
	9:45 am 11:30 am 1:45 pm-3:00 pm 2:00 pm-3:00 pm 3:00 pm-3:30 pm 3:30 pm 4:30 pm 5:45 pm	Mindful Movement Better Every Day™ Mindful Movement/ Better Every Day™/Drums Better Every Day™ Boxing Boxing Tai Chi Better Every Day™	Green/Orange/Blue Orange/Blue Yellow Green Green only Orange/Blue only Orange/Blue Orange/Blue



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THURSDAYS			
DEC. 2ND AND 16TH ONLY	9:45 am	Mindful Movement- Women only	All Colors
	11:15 am-12:15	Yes, I Can Move	All Colors
	11:30 am-12:15	Spinning	Orange/Blue only
	12:30 pm-1:15 pm	Spinning	Green/Orange/Blue
	12:00 pm-1:00 pm	New Client Assessment/make up Assessment	Green/Orange/Blue
	3:15 pm-4:15 pm	Art Workshop	All Colors
FRIDAYS			
CLOSED 12/24 AND 12/31 HAPPY HOLIDAYS!	11:15 am-12:30 pm	Mindful Movement	All Colors

Additional Information

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