



Central Valley Health & Wellness Fitness Schedule

<http://www.centralvalleysd.org/District/calendars>

Center Grange Primary School Gym

\$5 Drop-in Fee per class

December 2011



| SUN | MON               | TUES                             | WED | THURS   | FRI | SAT                             |
|-----|-------------------|----------------------------------|-----|---|-----|---------------------------------|
|     |                   |                                  |     | 1 Zumba<br>6-7am<br><br>Pilates<br>6:30-7:30pm  | 2   | 3 Zumba<br>9-10am<br>TODD LANE  |
| 4   | 5 Zumba<br>6-7pm  | 6<br><br>Pilates<br>CANCELLED    | 7   | 8 Zumba<br>6-7pm<br><br>Pilates<br>6:30-7:30pm  | 9   | 10 Zumba<br>9-10am<br>TODD LANE |
| 11  | 12 Zumba<br>6-7pm | 13<br><br>Pilates<br>6:30-7:30pm | 14  | 15 Zumba<br>6-7pm<br><br>Pilates<br>CANCELLED   | 16  | 17 Zumba<br>9-10am<br>TODD LANE |
| 18  | 19 Zumba<br>6-7pm | 20<br><br>Pilates<br>6:30-7:30pm | 21  | 22 Zumba<br>6-7pm<br><br>Pilates<br>6:30-7:30pm | 23  | 24<br><br>Zumba<br>CANCELLED    |
| 25  | 26 Zumba<br>6-7pm | 27<br><br>Pilates<br>CANCELLED   | 28  | 29 Zumba<br>6-7pm<br><br>Pilates<br>CANCELLED   | 30  | 31 Zumba<br>9-10am<br>TODD LANE |