

CLASS SCHEDULE

Lauderhill - 7342 West Commercial Blvd Lauderhill, FL. 33319 - (954) 533-8597



DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 8:00-9:00 PM	4 Silver Sneaker W/Chris 10:30-11:30 AM Yoga W/Erica 7:45-8:45 PM	5 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Margarita 7:30-8:30 PM	6 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 9:00-10:00 AM Yoga W/Erica 7:45-8:45 PM	7 Silver Sneaker W/Chris 10:30-11:30 AM	8 Zumba W/Margarita 10:00-11:00 AM
9	10 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 8:00-9:00 PM	11 Silver Sneaker W/Chris 10:30-11:30 AM Yoga W/Erica 7:45-8:45 PM	12 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Margarita 7:30-8:30 PM	13 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 9:00-10:00 AM Yoga W/Erica 7:45-8:45 PM	14 Silver Sneaker W/Chris 10:30-11:30 AM	15 Zumba W/Margarita 10:00-11:00 AM
16	17 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 8:00-9:00 PM	18 Silver Sneaker W/Chris 10:30-11:30 AM Yoga W/Erica 7:45-8:45 PM	19 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Margarita 7:30-8:30 PM	20 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 9:00-10:00 AM Yoga W/Erica 7:45-8:45 PM	21 Silver Sneaker W/Chris 10:30-11:30 AM	22 Zumba W/Margarita 10:00-11:00 AM
23	24 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn NO CLASS	25 Christmas Day CLOSED	26 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Margarita 7:30-8:30 PM	27 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn 9:00-10:00 AM Yoga W/Erica 7:45-8:45 PM	28 Silver Sneaker W/Chris 10:30-11:30 AM	29 Zumba W/Margarita 10:00-11:00 AM
30	31 Silver Sneaker W/Chris 10:30-11:30 AM Zumba W/Carolyn NO CLASS					

Health Club Hours
 Monday- Thursday 6:00 am-11:00 pm
 Friday 6:00 am-10:00 pm
 Saturday and Sunday 7:00 am-7:00 am

Kids Club Hours
 Monday-Friday 9:00 am-12:00 pm and 5:00 pm-9:00 pm
 Saturday 9:00 am-12:00 pm
 Sunday Closed