



December Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WHAT'S NEW: * We are excited to be offering Cardio Drumming at SOLE! Punch card rates apply. * In addition Otsego has now implemented a punch card program. You do not need to be a "city" member to get a discount, (5 classes \$25, 10 classes \$40) More classes coming January 2019!! Email us with questions.						1 Cardio Drumming 8:00am ZUMBA 9:00am
2 Cardio Drumming @ Otsego 6:30pm	3 Guest Instructor Nan ZUMBA 7:30pm	4 Cardio Drumming @ SOLE - 7:00pm	5 Zumba 6:15pm Yoga Sculpt 7pm Otsego Prairie Center	6 Glow Party!! ZUMBA 7:30pm Wear Neon or White	7	8 Cardio Drumming 8:00am ZUMBA 9:00am
9 Step Sculpt w/Susie 5:00pm (Min. 6 Max. 12)	10 Holiday Expo Vendors 6pm-7:30pm FREE w/non-perishable item Cardio Drumming 6:30 Zumba 7:30pm	11 Cardio Drumming @ SOLE - 7:00pm	12	13 Guest Instructor Nan ZUMBA 7:30pm	14	15 Cardio Drumming 8:00am ZUMBA 9:00am
16 Step Sculpt w/Susie 5:00pm (Min. 6 Max. 12) Cardio Drumming @ Otsego 6:30pm	17 Holiday Inspired ZUMBA 7:30pm Festive Attire Encouraged	18 Glow Party!! Cardio Drumming @ SOLE - 7:00pm	19 Step Sculpt w/Susie 7:00pm (Min. 6 Max. 12) Zumba & Yoga Otsego Prairie Center	20 Holiday Inspired ZUMBA 7:30pm Festive Attire Encouraged	21	22 Holiday Fitness Party! 9:00am  Optional - Festive Attire
23 Cardio Drumming @ Otsego 6:30pm	24 Bands, Bags & More - 7:30am Min. 8 Required	25 	26 Zumba 6:15pm Yoga Sculpt 7pm Otsego Prairie Center	27 Cardio Drumming 7:00pm	28	29 Cardio Drumming 8:00am ZUMBA 9:00am
30 Cardio Drumming @ Otsego 6:30pm	31 Full Body Sculpt 7:30am Min. 8 Required	REGISTRATION IS DUE 24 HOURS IN ADVANCE - CLICK HERE TO REGISTER NEW MEMBERS: Please contact us with any questions. We encourage you to bring water and carry in clean workout shoes. We reserve the right to CANCEL all classes not meeting at least 6 participants. Contact us if you have any questions!				