



December 2012 Activity Agenda

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 BODYPUMP	4 BODY COMBAT	5 NEW BODY COMBAT PRACTICE BODYPUMP	6	7 BODY COMBAT	8 BODY ATTACK
9	10 PUMP YOUR BODY	11 BODY COMBAT BODY COMBAT	12 NEW BODY COMBAT PRACTICE BODYPUMP	13 RPM (SPIN) BODYFLOW	14 BODY COMBAT BODYPUMP	15 RAKE THE LEAVES IN MY YARD
16 ADULT SKATE NIGHT	17 BODY STEP	18 BODY COMBAT	19 30 MIN ELLIPTICAL BODYPUMP	20 MMA CLASS	21 B BODY COMBAT BODYPUMP	22 WASH MY CAR
23	24 BODY STEP	25 MERRY CHRISTMAS	26 BODYPUMP	27 END OF YEAR SUPER CLEANING HOUSE	28 BODY COMBAT BODYPUMP	29 HOLIDAY ICE SKATING
30 	31 CORE STRONG BODYPUMP					

New Lifestyle Changes this Month:
Quick 5 minute Yoga sequence on most mornings
Parking farther away at work

Wishing you and your family a blessed & Merry Christmas & Prosperous 2013!