


# Newbury Court Fitness Calendar

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 10:00- Kieser Strength w/ Don (Fitness Room)
<b>2</b>	<b>3</b> 10:00 -Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room) 2:30 Lower Level Balance Class w/ Sarah (Mirrored Room)	<b>4</b> 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room)	<b>5</b> 11:00- Gentle Movement w/ Susanne L (great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	<b>6</b> 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	<b>7</b> 9:30- Zumba w/ Judy (Great Room) 10:00-Strength Training w/ Sarah (Community Room) 11:15-Balance Class w/ Sarah (Great Room)	<b>8</b> 10:00- Kieser Strength w/ Don (Fitness Room)
<b>9</b>	<b>10</b> 10:00 -Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room) 2:30 Lower Level Balance Class w/ Sarah (Mirrored Room)	<b>11</b> 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room)	<b>12</b> 11:00- Gentle Movement w/ Susanne L (great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	<b>13</b> 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	<b>14</b> 9:30- Zumba w/ Judy (Great Room) 10:00-Strength Training w/ Sarah (Community Room) 11:15-Balance Class w/ Sarah (Great Room)	<b>15</b> 10:00- Kieser Strength w/ Don (Fitness Room)
<b>16</b>	<b>17</b> 10:00 -Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room) 2:30 Lower Level Balance Class w/ Sarah (Mirrored Room)	<b>18</b> 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room)	<b>19</b> 11:00- Gentle Movement w/ Susanne L (great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	<b>20</b> 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	<b>21</b> <b>ZUMBA CANCELLED</b> 10:00-Strength Training w/ Sarah (Community Room) 11:15-Balance Class w/ Sarah (Great Room)	<b>22</b> 10:00- Kieser Strength w/ Don (Fitness Room)
<b>23</b>	<b>24 CHRISTMAS EVE</b> <b>ALL CLASSES CANCELLED</b>	<b>25 CHISTMAS DAY</b> <b>ALL CLASSES CANCELLED</b>	<b>26</b> <b>GENTLE MOVEMENT CANCELLED</b> 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	<b>27</b> <b>COMBO CLASS CANCELLED</b> 10:00- Mindfulness Meditation w/ Kristen (Chapel)	<b>28</b> <b>STRENGTH CLASS CANCELLED</b> <b>BALANCE CLASS CANCELLED</b> 9:30- Zumba w/ Judy (Great Room)	<b>29</b> 10:00- Kieser Strength w/ Don (Fitness Room)
<b>30</b>	<b>31 NEW YEARS EVE</b> <b>LOWER LEVEL BALANCE CANCELLED</b> <b>TAI CHI CANCELLED</b> 11:00- Kieser Strength w/ Don (Fitness Room)					