

SYS Fitness Calendar- December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
† <i>Extra fee paid directly to instructor</i> * <i>Extra fee for class</i>				1 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	2 <i>Spin & Circuit 8am*</i> <i>SBT 9:30am</i> <i>Flex for Life 10:30am*</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	3 <i>Cardio Blast 9am</i> <i>Spin 9am*</i>
4 <i>Spin 9am*</i> <i>Yoga 11am†</i>	5 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6:00pm*</i>	6 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	7 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	8 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	9 <i>Spin & Circuit 8am*</i> <i>SBT 9:30am</i> <i>Flex for Life 10:30am*</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	10 <i>Cardio Blast 9am</i> <i>Spin 9am*</i>
11 <i>Spin 9am*</i> <i>Yoga 11am†</i>	12 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6:00pm*</i>	13 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	14 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	15 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	16 <i>Spin & Circuit 8am*</i> <i>SBT 9:30am</i> <i>Flex for Life 10:30am*</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	17 <i>Cardio Blast 9am</i> <i>Spin 9am*</i>
18 <i>Spin 9am*</i> <i>Yoga 11am†</i>	19 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6:00pm*</i>	20 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	21 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	22 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	23 <i>Spin & Circuit 8am*</i> <i>SBT 9:30am</i> <i>Flex for Life 10:30am*</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	24 SYS Closes at 2pm
25 Closed- Merry Christmas	26 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6:00pm*</i>	27 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	28 <i>Spin 8am*</i> <i>SBT 9:30am</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	29 <i>Boot Camp 7:30am*</i> <i>Spin 8am*</i> <i>Pilates 9:30am</i> <i>Get Fit 5pm</i> <i>Spin 6:15pm*</i>	30 <i>Spin & Circuit 8am*</i> <i>SBT 9:30am</i> <i>Flex for Life 10:30am*</i> <i>Total Tone 5pm</i> <i>Zumba 6pm*</i>	31 SYS Closes at 2pm