


DECEMBER

Wellness Center Hours:
Monday-Sunday
5:00am-10:00pm

Staffed Hours:
Monday-Thursday
8:00am-Noon &
1:00pm-5:00pm
Friday
8:00am-Noon &
1:00pm-3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Boot Camp 6A Alive & Active 9A SAIL 10A Gentle Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	3 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	4 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	5 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	6 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	7
8	9 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	10 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	11 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	12 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Strength 4P NO POWER ROW	13 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	14
15	16 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	17 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	18 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	19 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	20 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	21
22	23 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	24 CHRISTMAS EVE DAY UNSTAFFED	25 CHRISTMAS DAY UNSTAFFED	26 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Open Yoga 4P Power Row 5:45P	27 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	28
29	30 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	31 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P			 Windom Area Health 507-831-0672	* Denotes Medina's Martial Arts class. For info/pricing, contact Master Marco Medina at 319-415-6772