

A Sante Lakeside Fitness

Group Fitness Schedule

December 24th thru December 30th

530-583-4283 asantefitness.com

Hours of Operation: Mon- Thursday-5:30-9:00/Friday 5:30-8:00/Sat. & Sun. 7:00 am- 7:00 pm

Sunday Dec. 24th	Monday Dec. 25th	Tuesday Dec. 26th	Wednesday Dec. 27th	Thursday Dec. 28th	Friday Dec. 29th	Saturday Dec. 30th
GYM OPEN 7-12 NO CLASSES	GYM CLOSED MERRY CHRISTMAS	<u>7:45-9:00</u> GENTLE YOGA Tammy G	<u>7:00-8:00</u> SPIN Kathy	<u>7:45-9:00</u> GENTLE YOGA Sarah	<u>7:00-8:00</u> SPIN Katie P	<u>7:45-8:45</u> SPIN Rich
		<u>9:15-10:15</u> BUTTS & GUTTS Katie K		<u>9:15-10:15</u> POWER/CARDIO/ STRENGTH Vicki	<u>9:15-10:15</u> CARDIO BLAST Vicki	
			<u>5:30-6:30</u> ZUMBA Peggy	<u>5-30-6:30</u> SPIN Rich		
			<u>7:00-8:30</u> Pole Fitness Beginner Pole All Welcome Tammy L Extra Charge		<u>6:00-7:30</u> Pole Fitness Open Pole All Welcome Tammy L Extra Charge	

Pilates Reformer Classes are now being offered for a small extra charge by Peggy Patterson. 707-494-6775