

DECEMBER 2018

C.C. = <u>Complimentary Class</u> : Free to all SH members S.C. = <u>Specialty Class</u> : Purchase Through Spa Desk/Open to SH members Questions? Contact Pamela Poisson #352-585-2813 or inhomept@live.com			Specialty Classes Currently Available: No SC for December		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <p style="text-align: center;"><u>30-30</u> 9:30-10:30 c.c. <i>Pamela</i></p> <p><u>PEACEFUL MIND YOGA</u> 6:00-7:00 c.c. <i>Ana</i></p>	4	5	6 <p style="text-align: center;"><u>BODY DEFINITION</u> <u>STATIONS</u> 10:00-11:00 c.c. <i>Pamela</i></p>	7 <p style="text-align: center;"><u>PEACEFUL MIND YOGA</u> 8:30-9:30 c.c. <i>Ana</i></p>	8
10 <p style="text-align: center;"><u>BODY DEFINITION</u> 9:30-10:30 c.c. <i>Pamela</i></p> <p><u>PEACEFUL MIND YOGA</u> 6:00-7:00 c.c. <i>Ana</i></p>	11	12	13 <p style="text-align: center;"><u>30-30</u> 10:00-11:00 c.c. <i>Pamela</i></p>	14 <p style="text-align: center;"><u>PEACEFUL MIND YOGA</u> 8:30-9:30 c.c. <i>Ana</i></p>	15
17 <p style="text-align: center;"><u>PILATES</u> 9:30-10:30 c.c. <i>Pamela</i></p> <p><u>PEACEFUL MIND YOGA</u> 6:00-7:00 c.c. <i>Ana</i></p>	18	19	20 <p style="text-align: center;"><u>INTERVAL BLAST</u> 10:00-11:00 c.c. <i>Pamela</i></p>	21 <p style="text-align: center;"><u>No Class Today</u> <i>Ana Travelling</i> *Friday Yoga Will Resume 1-11-19</p>	22
24 <p style="text-align: center;"><u>Christmas Eve</u> No Class Today</p>	25 <p style="text-align: center;"><u>Merry</u> <u>Christmas!</u></p>	26	27 <p style="text-align: center;"><u>BODY DEFINITION</u> 10:00-11:00 c.c. <i>Pamela</i></p>	28 <p style="text-align: center;"><u>No Class Today</u> <i>Ana Travelling</i> *Friday Yoga Will Resume 1-11-19</p>	29
31 <p style="text-align: center;"><u>New Year's Eve</u> No Class Today</p>	1/1/2019 <p style="text-align: center;"><u>Happy</u> <u>New Year!</u></p>				

