

Kelley Fitness Center - December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
1 1145 Lunchtime Zen w/ Bobbi	2 0730 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1730 Christmas Restorative Yoga w/ Katie	3 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	4 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	5 1130 Fit & Fast in 45 w/ Tasneem	6
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8 1145 Lunchtime Zen w/ Bobbi	9 0730 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1730 Christmas Restorative Yoga w/ Katie	10 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	11 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	12 1130 Fit & Fast in 45 w/ Tasneem	13
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15 1145 Lunchtime Zen w/ Bobbi	16 0730 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1730 Christmas Restorative Yoga w/ Katie	17 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	18 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	19 1130 Fit & Fast in 45 w/ Tasneem	20
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22 1145 Lunchtime Zen w/ Bobbi	23 0730 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1730 Christmas Restorative Yoga w/ Katie	24 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	25 Federal Holiday No Classes	26 1130 Fit & Fast in 45 w/ Tasneem	27
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29 1145 Lunchtime Zen w/ Bobbi	30 0730 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1730 Restorative Yoga w/ Katie	31 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne		Group Fitness Classes \$6/class or \$54 for 10.	