

# December 2010

MON

TUE

WED

THU

FRI

		1  Pilates 6-7 pm Barbara	2  Aerobics 6-7 pm Betsy	3
6 Aerobics 6-7 pm Betsy	7 Yoga 6-7 am Simone	8	9	10
Cycling 6-6:45 pm Terrie	Pilates 6-7 pm Barbara	Pilates 6-7 pm Barbara	Aerobics 6-7 pm Betsy	
13 Aerobics 6-7 pm Betsy	14 Yoga 6-7 am Simone  Pilates 6-7 pm Barbara	15  Pilates 6-7 pm Barbara	16  Cycling 6-6:45 pm Terrie Aerobics 6-7 pm Betsy	17
20 Aerobics 6-7 pm Betsy	21 Yoga 6-7 am Simone	22	23	24
Cycling 6-6:45 pm Terrie	Pilates 6-7 pm Barbara	Pilates 6-7 pm Barbara		
27 Aerobics 6-7 pm Betsy	28 Yoga 6-7 am Simone  Pilates 6-7 pm Barbara			

## GROUP EXERCISE

**Chesterfield Family YMCA**  
**344 E. Boulevard**  
**Chesterfield, SC 29709**  
**(843) 623-9622**



*Merry Christmas*