WPRDs Fitness Class Schedule
December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 9:00 a.m. Fitness Class	17	18 9:00 a.m. Fitness Class	19	20	21

22	23
	 NO CLASS
		24
		 NO CLASS
		  Christmas Eve
			25
			 NO CLASS
			  Christmas Day
				26
				 NO CLASS
					27	28

29	30 9:00 a.m. Fitness Class	31 NO CLASS	Happy Holidays!			

Fitness Class Description: In this class we will be focusing on weight loss with a combination of body weight exercises and cardio. You will be strengthening and challenging your muscles and increasing your stamina. This class is approximately 45-minutes with stretching at the end.   *Class Size: Maximum 12 people and minimum of 5 to run.*

Boot Camp Class Description: This is a total body workout emphasizing on core and muscle endurance. Be prepared to work out, modifications will be available for beginners. This class will start promptly as this is a quick, intense workout with stretching at the end.   *Class Size: Unlimited and minimum of 5 to run.*

Abs/Core Class Description: Approximately 30-minutes long to help create a strong core from shoulders to hips. Strengthening the abdominal and back muscles to help posture and can help with back pain and can also give you that six pack ;   *Class Size: Unlimited and minimum of 5 to run.*

WPRDs Fitness Calendar - January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 *New Year's Day*	**2** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**3**	**4**
5	**6** 9:00 a.m. Fitness Class	**7** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**8** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**9** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**10**	**11**
12	**13** 9:00 a.m. Fitness Class	**14** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**15** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**16** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**17**	**18**
19	**20** 9:00 a.m. Fitness Class	**21** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**22** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**23** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**24**	**25**
26 	**27** 9:00 a.m. Fitness Class	**28** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**29** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**30** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**31**	

All classes are held at the Old Town Hall, Common Road, Willington

$40.00/8 classes OR $7.00 Drop In Fee

Instructor: Monica Daniels, WITS Certified

Please wear comfortable workout attire and sneakers. Bring a water bottle and a mat if you have one

Contact WPRD for more information 860-487-3108 or mparsell@willingtonct.org

WPRDs Fitness Calendar - February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	**3** 9:00 a.m. Fitness Class	**4** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**5** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**6** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**7**	**8**
9	**10** 9:00 a.m. Fitness Class	**11** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**12** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**13** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**14**	**15**
16	**17**	**18** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**19** 9:00 a.m. Fitness Class 10:00 a.m. Abs/Core Class	**20** 4:00 p.m. Fitness Class 5:00 p.m. Abs/Core Class 6:00 p.m. Boot Camp	**21**	**22**
23	**24**	**25** 8:45 a.m. Boot Camp 6:00 p.m. Abs/Core Class 6:30 p.m. Fitness Class	**26** 10:00 a.m. Abs/Core Class	**27**	**28**	**29**

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