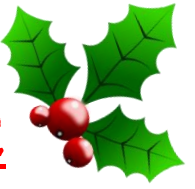


# Holiday Employee Fitness Class Schedule



May your Holidays be Balanced and Bright!

Date	Class	Time
Tuesday, December 20 <sup>th</sup>	Prancer's Pilates	12:10pm-12:50pm
Thursday, December 22 <sup>nd</sup>	Comet's Killer Core / Blitzen's Body Works	12:10pm-12:50pm
Tuesday, December 27 <sup>th</sup>	Comet's Killer Core / Blitzen's Body Works	12:10pm-12:50pm
Thursday, December 29 <sup>th</sup>	Prancer's Pilates	12:10pm-12:50pm

All above fitness classes will be offered at the level 5 space for FREE, our gift to you this holiday season.



For questions please contact: 650-5950 or [livewellworkwell@hitchcock.org](mailto:livewellworkwell@hitchcock.org)

