December

2025



Canadoa	Mandan	Tuesday	Wodwardan	Thermalas	Friday	Cottendor
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:15 Chair Yoga	10:15 Chair Yoga		10:15 Chair Yoga		
7	8	9	10	11	12	13
	10:15 Chair Yoga	10:15 Chair Yoga	10:15 Chair Yoga	10:15 Chair Yoga		
14	15 10:15 Chair	16	17 10:15 Chair	18 10:15 Chair	19	20
	Yoga		Yoga	Yoga		
21	22	23	24	25	26	27
28	29	30	31			
	10:15 Chair Yoga	10:15 Chair Yoga				Senior Fitness For our more delicate clientele
						Senior Fitness For our more delicate clientele