


710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center

www.everbodys.com

DECEMBER CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM	Barre	WAKE UP WORKOUT	 SPINNING **	Step	WAKE UP WORKOUT					
5:30 AM	**Spin & Praise (Free to Public)			**Spin & Praise (Free to Public)						
7:00 AM							 SPINNING **			
7:30 AM						Footprints				
8:15 AM					Aqua Aerobics (HIE Pool)	TOTAL BODY				
9:00 AM	Cardio & Strength	YOGA	Resistance Training Circuit	Balance Pilates	YOGA	 ZUMBA fitness	Wallyball 6pm			
5:30 PM	Aqua Aerobics (HIE Pool)	YOGA	Aqua Aerobics (HIE Pool)	Barre	<p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>Tell City Half Marathon April 6, 2019 - 8:00 a.m. Individual Half Half Team Relay 5k Fun Run</p> <p>New Years 5k Fun Run Jan. 1st 8:00 a.m. - Everbody's Free to all!!!</p> <p>Holiday Office Hours Dec. 24th - CLOSED Dec. 25th - CLOSED - MERRY CHRISTMAS Dec. 31 - 8:00 - 12:00 - No Classes Jan. 1st - CLOSED</p>					
	BODY Sculpting		 ZUMBA fitness							
6:30 PM	 SPINNING **	 SPINNING **	 SPINNING **							
	Barre	 ZUMBA fitness	Pound ** Court 1							
	 ZUMBA fitness (Schergen Center)									
** Reservations are required for Spinning & Pound										