

- If you'd like access to the virtual holiday classes on ZOOM, email us at efp@commcareptbo.org Links will be sent via email Dec 19-21.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 – 10:45 am Christmas Coffee Workout **/** -TBD</p> <p><i>Use an empty (it will get messy if it's full!) during today's workouts.</i></p>	<p>10:00 – 10:45 am 12 Days of Winter Weights **/** (Advanced) -TBD</p> <p><i>Try Santa's top 12 exercises using your choice of weights. (We won't judge if those "weights" happen to be candy canes!)</i></p>	<p>10:00 – 10:45 am Jingle Jam in your Jammies **/** (Gentle) -TBD</p> <p><i>All are encouraged to wear festive pajamas for this mostly seated Christmas Eve class!</i></p>	<p>MERRY CHRISTMAS! No Classes</p>	<p>Boxing Day No Classes!</p>
<p>11:00 – 11:45 am Christmas Coffee Workout ***/** (Advanced) -TBD</p> <p><i>Use an empty (it will get messy if it's full!) during today's workouts.</i></p>	<p>11:00 – 11:45 am 12 Days of Winter Weights ***/** (Advanced) -TBD</p> <p><i>Try Santa's top 12 exercises using your choice of weights. (We won't judge if those "weights" happen to be candy canes!)</i></p>	<p>11:00 – 11:45 am Jingle Jam in Your Jammies ***/** (Advanced) -TBD</p> <p><i>All are encouraged to wear their festive pajamas for this advanced cardio & weights Christmas Eve class!</i></p>		