

Holiday Group Exercise Schedule

Byram Courthouse 2011

Saturday, December 24th - normal classes offered

Monday, December 26th - Special classes

8:30 a.m. Spin - Tammy

9:30 a.m. Cardio Mixer - Rhonda

(all other classes are cancelled)

Saturday, December 31st - normal classes offered

Monday, January 2nd - Time to get back to the gym!

Merry Christmas

and

Happy New Year!!!!!!!