

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am-9am Hydro Fit		8am-9am Hydro Fit		8am-9am Hydro Fit
9:15am-10am Water Works	9am-10am Hydro Fit	9:15am-10am Water Works	9am-10am Hydro Fit	9:15am-10am Water Works
10am-11am Hydro Fit	9:15am-10:15am InterWell	10am-11am Hydro Fit	9:15am-10:15am InterWell	10am-11am Hydro Fit
9:30am-10:00am CardioFun	10:30am-11am Body Core	9:00am-10:00am Zumba Gold	10:30am-11am Body Core	9:00am-10:00am Zumba Gold
10:05am-10:35am Functional Strength	11:05am-11:35am Basic Stretch	10:05am-10:35am Functional Strength	11:05am-11:35am Basic Stretch	10:05am-10:35am Functional Strength
11:00am-11:45am Joint Fitness	1:30pm-2:30pm Get Some Balance	11:00am-11:45am Joint Fitness	1:30pm-2:30pm Get Some Balance	11:00am-11:45am Joint Fitness
11:00am-12:00pm A Breath of Fresh Air	3pm-3:45pm Water Works	11:00am-12:00pm A Breath of Fresh Air	3pm-3:45pm Water Works	11:00am-12:00pm A Breath of Fresh Air



*Wellness
Center*



Hours of Operation:
Monday-Friday: 7am-7pm
Saturday: 8am-4pm
Sunday: 8am-4pm
Phone: 910-566-1200
Fax: 910-319-2124
www.thedaviscommunity.org

**Meet the New
Wellness Coordinator:
Blake Shepard**

