



# HOLIDAY HUSTLE

## 4 Day Virtual Fitness Series

DECEMBER 6TH, 13TH, 20TH & 27TH 2021

MONDAY 6TH  
@ 12PM-12:30PM

### JINGLE BELL RIDE

Join this "sweatastic" virtual indoor biking experience to have joy and calmness in your hearts before the holidays kick off!

*\*\*\*This one is for the group exercisers who have a bike at home!!*

MONDAY 13TH  
@ 12PM-12:30PM

### 'Merry Muscle' Pump

Grab your dumbbells or items around your house to use for this Full Body Strength class. Designed to hit every major muscle group and leave you feeling ready to tackle the craziness.

MONDAY 20TH  
@ 12PM-12:30PM

### "Oh Dumbbell Tree" Bootcamp

Get ready for this pyramid style bootcamp class designed to tone your muscles while breaking a sweat!

*\*\*Dumbbells recommended!*

MONDAY 27TH  
@ 12PM-12:30PM

### SNOW FLOW

Refresh and restore after the holidays with this Yoga inspired flow. Grab your mat, comfy clothes and soothing music to bring some zen into your life.

