

TANIA PARIS ///

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## **HOLIDAY SCHEDULE + SPECIAL DAYTIME CLASSES!**

| TITLE                                   | DATE & TIME    | WORKOUT TYPE  |
|---|----------------|---------------|
| <b>SANTA'S SLEIGH SHRED</b>             | DEC 24<br>10AM | Legs & Core   |
| <b>CHRISTMAS COOKIE CRUSHER</b>         | DEC 26<br>10AM | Full Body     |
| <b>FROSTY'S FITNESS FRENZY</b>          | DEC 27<br>10AM | Cardio & Legs |
| <b>THE NICE (OR NAUGHTY) LIST</b>       | DEC 29<br>7AM  | Full Body     |
| <b>DECK THE HALLS, BUILD THE BICEPS</b> | DEC 31<br>10AM | Upper Body    |