



DECEMBER 2012

HMH Sittercise (Free)
YMCA Activity Building
2906 Old Houston Rd
YMCA—Sandra Clifton
(936) 295-8009

Zumba \$2.00 Per Class
Huntsville Intermediate Gym
190 East
City of Huntsville –Kim Barnes
(936) 294-5725

Introduction to Group Exercise
YMCA Activity Building
2906 Old Houston Road
Limit 50
(936) 295-8009

Contact Information
Walker County Extension Agent
Meredith Henry
(936) 435-2426

Check out mapmywalk.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Personal Workout	4 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	5 Introduction to Group Exercise 6:00pm-7:00pm	6 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	7 Personal Workout	8
9	10 Personal Workout	11 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	12 Introduction to Group Exercise 6:00pm-7:00pm	13 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	14 Personal Workout	15
16	17 Personal Workout	18 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	19 Introduction to Group Exercise 6:00pm-7:00pm	20 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	21 Personal Workout	22
23/30	24/31 <i>Christmas Eve New Year's Eve</i>	25 	26 Introduction to Group Exercise 6:00pm-7:00pm	27 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	28 Personal Workout	29