

# FYW FITNESS CLASS SCHEDULE December 2020

Building attached to the  
1<sup>ST</sup> Methodist Church  
10000 Central Ave. Oak Lawn, IL 60453

NO REGISTRATION NECESSARY  
NO SIGN UP FEES  
\$2.50 Per Class

708-251-4058

[www.FitYourWorld.com](http://www.FitYourWorld.com)

text questions to 708-253-8650 or email [mrankin@fityourworld.com](mailto:mrankin@fityourworld.com) **Format /time change or new class**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Classes will be held outdoors until the covid numbers improve.</b>	2 6am Tabata  6:15pm kickboxing	1 6am kickboxing intervals  6:15 pm Sculpting with Liz	2 6am Sculpting  6:15pm Tabata	3 6am 3-2-1 Cardio  6:15 pm Sculpting with Debi	4 6am bootcamp	5  8:00 am Tabata
6 <b>This month we will have a tent set up to provide some shelter and a little warmth while still safely remaining outside</b>	7 6am Tabata  6:15pm kickboxing	8 6am kickboxing intervals  6:15 pm Sculpting with Liz	9 6am Sculpting  6:15pm Tabata	10 6am 3-2-1 Cardio  6:15 pm Sculpting with Debi	11 6am bootcamp	12  8:00 am Interval circuits
13	14 6am Tabata  6:15pm kickboxing	15 <b>6am Metabolic resistance training</b>  6:15 pm Sculpting with Liz	16 6am Sculpting  6:15pm Tabata	17 6am 3-2-1 Cardio  6:15 pm Sculpting with Debi	18 6am bootcamp	19  8:00 am Tabata
20 <b>Fleece blankets over your exercise mats really provide extra warmth.</b>	21 6am Tabata  6:15pm kickboxing	22 6am kickboxing intervals  6:15 pm Sculpting with Liz	23 6am Sculpting  6:15pm Tabata	24 <b>7:45 am holiday workout</b>	25 <b>No class</b>	26 8:00 am – <b>Winter wonderland workout</b>
27	28 6am Tabata  6:15pm <b>Metabolic resistance training</b>	29 <b>6am cardio Ab blast workout</b>  6:15 pm Sculpting with Liz	30 6am Sculpting  6:15pm Tabata	31 <b>7:45 am celebrate 2020 in finally over cardio workout</b>	1 <b>8:00 am new year's day bootcamp</b>	2 8:00 am Tabata  <b>January fitness challenge begins</b>