

# FREE DROP-IN GROUP FITNESS

Winter Break 2020  
December 14-January 8

## Virtual Fitness

December 14	December 15	December 16	December 17	December 18
6:00pm Flow Sarah	5:30pm Body Weight Workout Corinne  5:30pm Shadow Box Alex	12pm Flow Kateryna		5:30pm Shadow Box Alex
December 21	December 22	December 23	December 24	December 25
6:00pm Flow Sarah	5:30pm Body Weight Workout Corinne  5:30pm Shadow Box Alex	12pm Flow Kateryna		
December 28	December 29	December 30	December 31	January 1
11:30am Pilates Mat	5:30pm Body Weight Workout Corinne  5:30pm Shadow Box Alex			
January 4	January 5	January 6	January 7	January 8
6:00pm Flow Sarah	5:30pm Body Weight Workout Corinne  5:30pm Shadow Box Alex	12pm Flow Kateryna		5:30pm Shadow Box Alex

Go to [IMLeagues.com/uic](https://IMLeagues.com/uic) for the most up-to-date schedule and to register in advance for virtual classes and to get the Zoom links.