



DECEMBER

Programs & Events

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 CROSSPOINTE CHURCH DOWNTOWN @ 10 am in the Fitnasium	4 HOLIDAY HUSTLE—MAINTAIN DON'T GAIN CHALLENGE BEGINS! (DEC 4—JAN 2) 	5	6	7	8	9
10 CROSSPOINTE CHURCH DOWNTOWN @ 10 am in the Fitnasium	11	12 HAPPY HANUKKAH! 12 DAYS OF HOLIDAY MYWELLNESS HEALTH CHALLENGE BEGINS (DEC 12—24)	13 Home-Cooked Holiday Tour: Tips to Healthier Baking & Desserts @5:30	14	15	16
17 CROSSPOINTE CHURCH DOWNTOWN @ 10 am in the Fitnasium	18	19	20 Last Day for Early Bird Winter Basketball Registration! 	21 First Day of Open Registration for Winter Basketball TRY OUT THE TRAINER: WITH TIFFANY @ 5PM	22	23
24 CROSSPOINTE CHURCH DOWNTOWN @ 10 am in the Fitnasium CLOSED FOR HOLIDAY 	25 MERRY CHRISTMAS! CLOSED FOR HOLIDAY	26 HAPPY KWANZAA!	27	28	29	30
31 CROSSPOINTE CHURCH DOWNTOWN @ 10 am in the Fitnasium HAPPY NEW YEAR'S EVE! REGULAR HOURS						