

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# November

<b>1</b>	A 5:30a Power Hour Katie T 6:30a TRX Jodie A 8:00a Tai Chi Peggy A 9:00a Yoga Stretch Lisa A 10:15a Step and Sculpt Jodie B 10:30a SilverSneakers@Yoga Peggy C 11:30a Cycle Elizabeth A 12p Bootcamp Anthony A 2:30p SilverSneakers@Classic Sam F 4:30p Power Hour Katie B 5:30p Yoga Nidra Louise A 6:00p ZUMBA® Angel	<b>2 No 8a Pilates</b>	C 5:30a Fast and Furious Teresa C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Jodie A 12p Bootcamp Jamie A 4:30p MixedFit Chaquana A 5:30p Power Sculpt Stephanie	<b>3</b>	T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay C 8:15a Wheel Results Dana A 8:30a LaBlast Elizabeth B 9:00a All Levels Yoga Jodie A 9:30a Barre-lates Elizabeth A 12p Bootcamp Jamie A 5:00p Jungle Body Angel	<b>4</b>	A 7:45a Saturday Strong Rachel C 9:00a Cycle Wanda A 10:00a Yoga Paula
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**SATURDAY STRONG**  
A mix of cardio and weights to get your weekend started!

<b>5</b>	C 3:00p Cycle Zel A 4:00p Yoga Desiree	<b>6</b>	T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 4:30p Fit Troops John A 5:30p Ride & Ripped Phillip	<b>7</b>	A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike + Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel
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**BRAIN PUMP NOW ON MONDAYS AT 4:15P!**



Scan the QR Code to register your child for Brain Pump!

**Yoga Stretch with Tanya at 4:30p**

<b>8</b>	A 5:30a Power Hour Rachel T 6:30a TRX Jodie A 8:00a Tai Chi Peggy A 9:00a Yoga Stretch Lisa A 10:15a Step and Sculpt Jodie B 10:30a SilverSneakers@Yoga Peggy C 11:30a Cycle Elizabeth A 12p Bootcamp Anthony A 2:30p SilverSneakers@Classic Sam F 4:30p Power Hour Wanda B 5:30p Yoga Nidra Louise A 6:00p ZUMBA® Angel	<b>9 No 8a Pilates</b>	C 5:30a Fast and Furious Teresa C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p MixedFit Chaquana A 5:30p Power Sculpt Stephanie	<b>10</b>	T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay C 8:15a Wheel Results Mel A 8:30a LaBlast Elizabeth B 9:00a All Levels Yoga Lisa A 9:30a Barre-lates Elizabeth A 12p Bootcamp Jamie A 5:00p Jungle Body Angel	<b>11</b>	A 7:45 Saturday Strong Rachel C 9:00a Cycle Dana A 10:00a Easy Flow Vinyasa Margree
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**MixedFit**  
incorporates different elements designed to tone, strengthen, & increase endurance.

<b>12</b>	C 3:00p Cycle Phillip A 4:00p Yoga Desiree	<b>13 No 5:30p Ride &amp; Ripped</b>	T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 4:30p Fit Troops John	<b>14</b>	A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Jodie A 12p Bike + Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel
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**SUNDAY SPIN?**  
COUNT ME IN!

**Smoking Cessation Open Group**  
5:30p

**Diabetes Education Class**  
12:15p



<b>16</b>	C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Jodie A 12p Bootcamp Jamie A 4:30p MixedFit Chaquana A 5:30p Power Sculpt Phillip	<b>17</b>	T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay C 8:15a Wheel Results Dana A 8:30a LaBlast Elizabeth B 9:00a All Levels Yoga Lisa A 9:30a Barre-lates Elizabeth A 12p MetaFIT Teresa A 5:00p Jungle Body Angel	<b>18</b>	A 7:45a Saturday Strong Rachel C 9:00a Cycle Teresa A 10:00a Yoga Desiree
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**MetaFIT**  
with Teresa

<b>19</b>	C 2:00p Cycle Tanya A 4:00p Yoga Desiree	<b>20 No 12p class</b>	T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam F 4:30p Fit Troops John A 5:30p Ride & Ripped Phillip	<b>21</b>	A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike + Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel
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*Cycle* at 2p

**ALL LEVELS YOGA**  
8:45a with Margree

<b>22 OPEN 5A-6P</b>	A 5:30a Power Hour Rachel T 6:30a TRX Jodie A 8:00a Tai Chi Peggy A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Peggy A 12p Bootcamp Anthony A 2:30p SilverSneakers@Classic Sam
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<b>23 CLOSED FOR THANKSGIVING</b>		<b>24 OPEN 7A-5P</b>	<b>OPEN AT 7AM</b> A 8:30a Hip Hop Hustle Jodie B 9:00a All Levels Yoga Margree	<b>25</b>	A 7:45a Saturday Strong Rachel C 9:00a Cycle Tanya A 10:00a Yoga Margree
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**PRE-BOOK YOUR CLASSES IN THE APP OR SEE THE FRONT DESK TO RESERVE YOUR SPOT IN CLASS!**

<b>26</b>	A 2:00p Yoga Tanya C 3:00p Cycle Phillip	<b>27</b>	T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 4:30p Fit Troops John A 5:30p Ride & Ripped Stephanie	<b>28</b>	A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike + Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel
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Yoga at 2p

**ALL LEVELS YOGA**  
with Rebecca

<b>29</b>	A 5:30a Power Hour Rachel T 6:30a TRX Jodie A 8:00a Tai Chi Peggy A 9:00a Yoga Stretch Lisa A 10:15a Step and Sculpt Jodie A 10:30a SilverSneakers@Yoga Peggy C 11:30a Cycle Elizabeth A 12p Bootcamp Anthony A 2:30p SilverSneakers@Classic Sam F 4:30p Power Hour Wanda B 5:30p Yoga Nidra Louise A 6:00p Zumba Angel	<b>30</b>	C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p MixedFit Chaquana A 5:30p Power Sculpt Stephanie
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**Nutrition for Healthy Living Class**  
5:30p Studio B

**LOCATION:**  
A- Studio A  
B- Studio B  
C- Studio C  
F- Functional Area  
T- Track

