

NOVEMBER GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday	
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room	
Cycle/Boot Camp 5:15-6:15 am Danielle/ Michaela	Chair Yoga 7:15-7:45 am Meda		Holy Yoga Intermediate 6-7 am Kenda				Chair Yoga 7:15-7:45 am Meda		Holy Yoga Intermediate 6-7 am Kenda	WAR 5:30-6:30 am Gretchen			Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.			
	Silver-Sneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Darla	Beginners Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am Shannon		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Mixed Level Yoga 7:30-8:15 am Meda		Just for You 9-9:30 am Pamela		Silver-Sneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen	Yoga 8:15-9 am Rotation		
RIP 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Pamela	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen P./ Diane	Just for You 9:45-10:15 am Pamela	Cycle/Yoga w/H.I.I.T. 9:15-10:30 am Candace/ Carol	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Pamela	PIYO LIVE 9-9:55 am Becky	TURBOKICK LIVE 9-9:55 am Beth		
Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marian		Chair Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	Cardio Sculpt 10:45-11:45 am Carol	Chair Yoga 9:45-10:30 am Jenn B.	Breathing and Relaxation 10:45-11:15 am Jenn B	PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11 am Pamela	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Megan		
	Silver&Fit Experience 11:15 am- Noon Ali	Just for You 11:15-11:45 am Darla	Cardio Sculpt 10:45-11:45 am Marion	Silver-Sneaker Circuit 10:30-11:15 am Jenny P.	Breathing and Relaxation 10:45-11:15 am Jenn B.	Line Dancing 11:15 am- 12:45 pm Julia	Silver-Sneaker Classic 11:15 am- Noon Deb	Just for You 11:15-11:45 am Pamela	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am Pamela		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 11:15-11:45 am Pamela		Silver-Sneaker Classic 11:15 am- 12 pm Becky		
Line Dancing 11:15 am- 12:45 pm Julia														Happy Hour 12-1pm Pamela				
Beginners Yoga 4:30- 5:25pm Jenn B.			Youth Yoga 4:45- 5:15pm Meda															
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 5:30-6:25 pm Jen P.		Pilates Barre Plus 5:30-6:25 pm Stephanie.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	Tabata 5:30-6:40 pm Stacey			RIP 5:30-6:25 pm Danielle K.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	<p align="center">Want to build a healthy habit?</p> <p align="center">Join our November Wellness Challenge and earn an awesome Champyinz T-shirt! See a wellness attendant for detail!</p>					Boxing Fusion 5-5:45 pm Danielle	
Zumba® 6:30-7:25 pm Margarita	TURBOKICK LIVE 6:30-7:25 pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Beginners Yoga 6:30-7:30 pm Nancy		Mixed Level Yoga 7:30-8:30 pm Fran	CORE DE FORCE LIVE 6-7 pm Jaclyn	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:30 pm Mallori								