

# NOVEMBER MED/HIGH AEROBICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
F.I.T. ( Functional Interval Training) 5:15-6:15 am Danielle MP Room	TURBOKICK LIVE 5:15-6:15am Gretchen Aerobic Room		Circuit PLUS 5:15-6:15am Gretchen Fitness Studio	P90X LIVE 5:15 -6:15am Danielle MP Room	F.I.T. ( Functional Interval Training) 7-8 am Danielle MP Room	PICKLE BALL 1p-3pm Main Gym
RIP 9-9:55am Marian Aerobic Room	Beginners Yoga 8:45-9:30 am Meda Aerobic Room	PIYO LIVE 9-9:55am Diane Aerobic Room	TURBOKICK LIVE 9-9:55am Beth Aerobic Room	Zumba@ 9-9:55am Julia C. MP Room	RIP 8-8:55am Gretchen Aerobic Room	WAR 5:30-6:30pm Danielle Aerobic Room
Pilates with Props 9-9:55am Diane MP Room	P90X LIVE 9:45-10:40 am Jen P. Aerobic Room	Pilates Barre Plus 10-10:55am Diane Aerobic Room	Transform (Yoga) 10-10:40am Carol/Candace Aerobic Room	RIP 9-9:55am Carol Aerobic Room	Yoga 8-8:55am MP Room	
PIYO LIVE 10-10:55pm Jen Aerobic Room	CORE 10:20-10:40am Marian Fitness Studio	<b>Beginner</b> PIYO LIVE 5:15-5:55pm Aerobic Room	Cardio Sculpt 10:45-11:45am Carol Aerobic Room	PowerStep/Transform 10-11:15am Carol Aerobic Room	TURBOKICK LIVE 9-9:55am Beth MP Room	
Zumba@/ Zumba@ Toning 10-10:55am Julia MP Room	Cardio Sculpt 10:45-11:45am Marion Aerobic Room	Tabata 5:30-6:25pm Stacey MP Room	PICKLE BALL 12p-1:30p MAIN GYM	F.I.T. ( Functional Interval Training) 10-11 am Jen MP Room	Strong Moms 9-9:45 Michaela Fitness Studio	
Holy Yoga 4:30-5:25pm Kenda Aerobic Room	Pilates Barre Plus 5:30-6:25pm Stephanie Aerobic Room	WAR 6:30-7:25pm Danielle Aerobic Room			Pilates Barre Plus 9-9:55am Becky Aerobic Room	
PIYO LIVE 5:30-6:25pm Amanda Aerobic Room	Step Up 5:30-6:25pm Rhonda MP Room	Circuit PLUS 6:45-7:30 pm Corey Fitness Studio	RIP 5:30-6:25pm Michaela Aerobic Room		Zumba@ 10-10:55am Megan Aerobic Room	
F.I.T. ( Functional Interval Training) 5:30-6:25pm Jen MP Room	Piloxing 6:30-7:30pm Dana Aerobic Room	Hydro Dance 7-8 pm Dana Lap Pool	Step Up 5:30-6:25pm Rhonda MP Room		PICKLE BALL 12-2 pm Main Gym	
Circuit PLUS 6-6:55pm Nancy Fitness Studio	Mixed Level Flow Yoga 6:30-7:25pm Rita MP Room	Mixed Level Yoga 7:30-8:30pm Rita MP Room	Zumba@ 6:30 - 7:25pm Megan Aerobic Room			
TURBOKICK LIVE 6:30-7:25pm Beth MP Room			PIYO LIVE 6:30p-7:30pm Mallori MP Room			
Zumba@ 6:30-7:25pm Margarita Aerobic Room						

\*Low Impact, Small Group and Cycle Schedules also available!

## November 2018 Low Impact Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Aerobics Room
	Chair Yoga 7:15-7:45am Meda					Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45am Meda					Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45am Meda				
Aqua Jog 8-9 am Lap Pool	Silver Sneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver Sneaker Classic 9-9:40 am	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	Silver Sneaker Circuit 8-8:45 am	Just for You 9-9:30 am Shannon	Aqua Pilates 9-10 am Therapy Pool	Silver Sneaker Classic 9-9:40 am Julia	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	Silver Sneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela			
Aqua Aerobics 9-10 am Lap Pool	Beginner Cycling 9:00-9:30 am Cycling Studio Pamela	Just for You 9:45-10:15 am Pamela		Chair Yoga 9:45-10:25 am Meda	Just for You 9:45-10:15 am Pamela		Beginner Cycling 9:00-9:30 am Cycling Studio Pamela	Just for You 9:45-10:15 am Pamela	Hydro Dance 10-10:45 am Lap Pool	Chair Yoga 9:45-10:25 am Meda	Just for You 9:45-10:15 am Pamela		Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany			
Arthritis Noon-1 pm Therapy Pool	Zumba@/ Zumba@ Toning 10-10:55 am Julia	Just for You 10:30- 11 am Pamela	Silver Splash 11 am- Noon Therapy Pool	Silver Sneaker Circuit 10:30-11:15 am Pamela	Breathing and Relaxation 10:45-11:15 am Meda		Silver Sneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	Silver Splash 11 am-Noon Therapy Pool	Silver Sneaker Circuit 10:30-11:15 am Pamela		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Pamela		PICKLE BALL 12-2 pm Main Gym	
Arthritis 1-2 pm Therapy Pool	Silver&Fit Experience 11:15 am- 12 pm	Just for You 11:15-11:45 am Pamela	Just My Speed 12-1 pm Therapy Pool			Arthritis Noon-1 pm Therapy Pool	Silver Sneaker Classic 11:15 am- Noon Deb	Just for You 11:15-11:45 am Pamela	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool	Tai Chi Inspired AOA Class 12-12:45pm Jenn B.	Just for You 11:15-11:45 am Pamela			Beginner Line Diancng 11 am-12 pm Blaine
		Line Dancing 12-1pm Julia B. (Aerobics Room)	Arthritis 2-3 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Line Dancing 12-1pm Julia B. (Aerobics Room)	Arthritis 2-3 pm Therapy Pool	PICKLE BALL 12p-1:30p MAIN GYM				Line Dancing 12-1 pm Marilyn (Aerobics Room)		SUNDAY PICKLE BALL 1-3 pm Main Gym	
Aqua Aerobics 7-8 pm Lap Pool							Hydro Dance 7-745 pm Lap Pool	Just for You 4:30-5 pm Diedra			Just for You 4:30-5 pm Diedra						



\* High / Medium Impact, Small Group and Cycle Scedules also available!