

# CLASS SCHEDULE - Week of November 30

## MONDAY

515a: Tone Up-Marisa(MPR)\$5  
9a: SG Barre-Diane (AR) \$5  
9a: Crosstraining-Amanda (MPR)  
515p: Strength&Cardio-James(AR)\$5  
615p: STRONG Teen SG-James(AR)\$5  
615p: Cycling-Chris (MPR) \$2  
615p: Zumba-Megan (LC)

## TUESDAY

515a: P90X-Jen (MPR)  
9a: Strength&Cardio-Marisa (AR) \$5  
9a: Cardio Sculpt-Carol (MPR)  
515p: Step Up-Rhonda (MPR)  
515p: Upper Body Burn-Marisa(AR)\$5  
615p: Butts&Guts-Marisa (AR) \$5  
630p: Zumba-Joelle (MPR)

## WEDNESDAY

515a: Cycling-Misty (MPR) \$2  
9a: Cycling-Amanda (MPR) \$2  
9a: PiYo-Diane (AR)  
515p: Tone Up-Marisa (AR) \$5  
615p: Cycling-Mandy (MPR) \$2

## THURSDAY

515a: Strength-Marisa (MPR) \$5  
9a: Yoga-Carol (AR)  
515p: Active Stretch-Jamie (AR) \$5  
615p: STRONG Teen SG-James (AR) \$5  
615p: Zumba-Megan (MPR)

## FRIDAY

515a: Cycle Boot Camp-Marisa (MPR)  
9a: Butts&Gutts-Marisa (AR) \$5  
9a: Step Up-Carol (MPR)  
515p: Free Weight Lifting  
Chuck(AR) \$5

## SATURDAY

7a: ABC Intervals-Diane (MPR) \$5  
815a: Cycling-Amanda (MPR) \$2  
10a: Zumba- Megan (MPR)



## KEY

MPR=Multi-Purpose Room  
AR = Aerobic Room  
LC = Life Center  
V = Zoom Virtual Option



Subscribe to our channel  
for additional workouts