

# Week of November 22

## GROUP EX CLASSES

### MONDAY

9a: Cross Training - Amanda (MPR)  
530p: Tabata-Stacey (MPR)  
615p: Turbokick - Beth (MPR)

### TUESDAY

515a: Cross Training-Jen (MPR)  
515p: Step Up-Rhonda (MPR)  
630p: Zumba-Joelle (MPR)

### WEDNESDAY

830a: Upper Body Supersets-Diane (AR)  
9a: PiYo-Diane (AR)

### THURSDAY

**CLOSED - Happy Thanksgiving!**

### FRIDAY

515a: Cycle Bootcamp-Marisa (MPR)  
9a: Step-Marian (MPR)

### SATURDAY

9a: RIP - Dana (MPR)  
10:15a: Zumba - Megan (MPR)

## CYCLE CLASSES

### MONDAY

615p: Cycling-Chris \$2

### TUESDAY

9a: Beginner Cycling-Lori (free)

### WEDNESDAY

515a: Cycling-Misty \$2  
9a: Cycling-Amanda 2

### SATURDAY

8a: Cycling-Mandy \$2

**Looking for smaller  
classes &  
personalized  
attention?!**

## SMALL GROUP CLASSES

### MONDAY

515a: Super Circuit - Beth (MPR) \$5  
9a: Barre-Diane (AR) \$5  
515p: Power Hour - James (AR) \$5

### TUESDAY

9a: Muscle Blast-Beth (MPR) \$5  
515p: Upper Body Burn-Marisa (AR) \$5  
6p: Butts&Guts-Marisa (AR) \$5

### WEDNESDAY

515p: Tone Up-Marisa (AR) \$5

### THURSDAY

**CLOSED - Happy Thanksgiving!**

### FRIDAY

9a: Bootycamp-Marisa (AR) \$5

### SATURDAY

7a: Saturday Sculpt-Diane (AR) \$5

## KEY

MPR=Multi-Purpose Room  
AR = Aerobic Room  
FS=Fitness Studio



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for additional  
workouts