

Week of November 21

GROUP EX CLASSES

MONDAY

9a: HIIT & Flow-Amanda (MPR)
615p: Turbokick-Beth (MPR)

TUESDAY

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

WEDNESDAY

830a: Supersets-Diane (AR)
9a: PiYo-Diane (AR)
5:30p: Drummercise-Lori (MPR)
6:30p: Kickbox&Sculpt-Dana (MPR)
630p: Yoga-Rita (AR)

THURSDAY

CLOSED
HAPPY THANKSGIVING!!

FRIDAY

9a:Instructors Choice-Marian(MPR)

SATURDAY

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

KEY

MPR=Multi-Purpose Room

AR = Aerobic Room

FS=Fitness Studio

WC=Wellness Center

Subscribe to our Youtube channel
for additional workouts



SMALL GROUP CLASSES

MONDAY

9a: Barre-Diane (AR)
515p: Strength Training-Beth (WC)

TUESDAY

9a: Muscle Blast-Beth (MPR)
515p: Buns & Guns-Marisa (AR)

WEDNESDAY

515p: Abs & More-Mandy (AR)

THURSDAY

CLOSED
HAPPY THANKSGIVING!!

FRIDAY

9a: Bootycamp-Mandy (AR)

SATURDAY

7a: Saturday Sculpt-Diane (AR)

CLASS RATES

Member Drop in: \$5/class

Non-Member drop in: \$10/class

Unlimited Small Group: \$25/month

CYCLE CLASSES

MONDAY

515a: Cycling-Jen B \$2
615p: Cycling-Chris \$2

TUESDAY

9a: Beginner Cycling-Lori (free)

WEDNESDAY

515a: Cycling-Misty \$2
9a: Cycling-Mandy \$2
6p: Cycling-Jen B \$2

THURSDAY

CLOSED
HAPPY THANKSGIVING

FRIDAY

515a: Cycling- Jen H \$2

SATURDAY

8a: Judi \$2