





































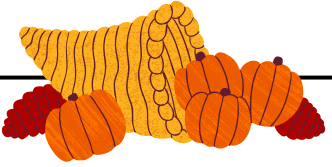




November Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STRENGTH 5:30 am-6:00 am CYCLE 6:00 am-6:50 am DO 1 or BOTH CLASSES!	 5:15 am-6:15am Tracey		 5:15 am-6:15am Tracey			
Strength + Cycle 5:30 am-6:50 am Jennifer	Interval Training 6:30 am-7:20 am Lauren	Cycle 6:15 am-7:15 am Deb	Interval Training 6:30 am-7:20 am Tracey	Cycle 6:15 am-7:15 am Danielle	 Pilates 8:00 am-8:50 am Karin	
Forever Fit 7:45 am-8:45 am Nancy		Forever Fit 7:45 am-8:45 am Danielle	Kickboxing 8:00 am-8:50 am Scotti	Forever Fit 7:45 am-8:45 am Nancy	Cycle 8:15 am-9:15 am Hilary/Jenn	
 Barre 8:00 am-8:50 am Danielle	 Hatha Yoga 8:00 am-8:50 am Colleen D.	 Barre 8:00 am-8:50 am Karin	 Hatha Yoga 8:00 am-8:50 am Colleen D.		 9:30 am-10:20am Sarah, Lauren, Tracey	
HITT 9:00 am-10:00 am Ashley	Strength and Stretch 9:15 am-10:05 am Hazel		Strength and Stretch 9:00 am-10:00 am Amy	 Pilates 8:00 am-8:50 am Karin	 Zumba 10:30 am-11:20 am Lisa	
 10:15 am-11:15 am Dawn	 Zumba 10:15am- 11:15am Maggie	Kickboxing 9:00 am-10:00 am Ashley	 Zumba 10:15 am-11:15am Lisa	 Pilates II 9:00 am-9:50 am Karin	 Pound 11:30 am-12:30 pm Kat	 8 am-9 am Rachel
	 Barre Strength 11:00 am-12:00 pm Ashley	 10:15 am-11:15 am Dawn	 Barre Strength 11:00 am-12:00 pm Ashley	HITT 9:00 am-10:00 am Ashley		 Vinyasa Flow Yoga 9:30 am-10:45 am Peggy
Cycle 12:00 pm-12:50 pm Melissa	Strength Training 12:00 pm-12:50 pm Amy	 Pilates Level II 11:00 am-12:00 pm Karin	 11:30AM-12:15PM Tracey	Strength and Stretch 10:15 am-11:15 am Dawn	Friday, 11/29	THANKSGIVING
	 Yin Yoga 1:00 pm-2:00 pm Kim	Cycle 12pm-12:50pm Rachel,Jenn,Pam		 Vinyasa Flow 11:00 am - 12:00 pm Lauren	8-8:50am Cycle	CLASSES
 4:30 pm- 5:30 pm Rachel		TBC 4:30 pm-5:30 pm Melissa	 Yin Yoga 1:00 pm - 2:00 pm Jami	TBC 11:30 am-12:30 pm Melissa	9am-10am HIIT	7:45AM
 Pilates 5:00 pm - 5:50 pm Karin	Tabata 5:00 pm-5:45 pm Kat	Strength and Stretch 5:45pm -6:45pm Hazel	 Yoga Sculpt 5:00 pm - 5:50 pm Holly		10:15am-11:15am	BODY PUMP
 Pound 6:00 pm-6:50 pm Lisa	Cycle 7:00 pm-7:50 pm Hilary	 Zumba 7:00pm-7:50pm Angie	Tabata 5:00 pm-5:45 pm Cara	 Yoga Stretch 5:30 pm-6:30 pm Colleen	Body Pump	8AM YOGA
 Zumba 7:00 pm-7:50 pm Angie			Cycle 7:00 pm- 7:50 pm Jennifer			9AM CYCLE
 Hatha Yoga 7:00 pm-7:50 pm Colleen D.						

 =Indicates a \$9 drop in fee for this class (annual passholders attend free)
*Please note, the times, formats, and instructors listed are subject to change

