



11/20/2017 MONDAY	11/21/2017 TUESDAY	11/22/2017 WEDNESDAY	11/23/2017 THURSDAY	11/24/2017 FRIDAY	11/25/2017 SATURDAY	11/26/2017 SUNDAY		
5:45AM ANNIE 					8:00AM ANNIE 	8:00AM JEN <b>SWEAT</b>		
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA 		8:15AM CHRISSY	9:00AM CHRISSY	9:00AM REBECCA 		
<b>Low Impact 30</b>	<b>Kickboxing 30</b>			<b>Muscles</b>	<b>SWEAT</b>			
8:45AM JEN	8:45AM CHRISSY		8:00AM DARREN 					
<b>Pilates 30</b>	<b>Muscles 30</b>							
9:30AM NIKKI	9:30AM AMBER 	9:30AM LAUREN	9:00AM SUSAN 	9:30AM BRISA	10:05AM ANN 			
<b>CARDIO CIRCUITS</b>		<b>MUSCLES</b>		<b>Zumba</b>				
10:35AM JEN	12:00PM BRISA	12:00PM SUSAN			11:10AM REBECCA	4:00PM ANN		
<b>Foam Roller &amp; Stretch</b>	<b>Zumba</b>				<b>Zumba</b>			
12:15 PM MARTHA		12:30PM SUSAN 						
					<p><b>HAPPY THANKSGIVING!</b></p> <p><u>SPECIAL 90 MINUTE YOGA CLASS</u></p> <p><u>9:15AM, - 10:45AM</u></p> <p><u>TURKEY FLOW, MASHED POTATO CORE BUSTER &amp; FINISH W/ DEEP STRETCH, COME FOR ALL OR JOIN IN WHEN YOU CAN!</u></p>			
4:30PM DARREN 	4:30PM CHRISSY <b>SWEAT</b>	4:30PM CHRISSY <b>MUSCLES</b>						
5:30PM AMBER 	5:30PM REBECCA 	5:30PM CHRISSY <b>SWEAT</b>						
	6:30PM ANNIE 	6:30PM KAREN <b>COUNTRY HEAT 30</b>						
		7:00PM KAREN						
		<b>PIYO EXPRESS</b>						
<b>MIND/BODY STUDIO</b>								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			SATURDAY	SUNDAY
6:00AM	6:00AM	6:00a Ward	6:00AM					
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	<b>OPEN YOGA</b>					
	8:15AM JEN		THANKSGIVING		9:15AM Barb			
	<b>PILATES</b>		9:15AM - 10:45AM		Begin/Interm Yoga			
9:45am Nikki		9:45am Nikki	90 Minutes	9:30AM TONY	10:30AM Sheila	10:30AM Steve		
<b>Beg./Int.</b>		<b>Beg./Int.</b>	<b>TURKEY FLOW &amp;</b>	<b>Power Yoga</b>	<b>Gentle/BeginYoga</b>	<b>Begin/Interm Yoga</b>		
11:00am Sheila	11:00AM SHEILA	11:00AM NIKKI	MASHED POTATO	11:00AM Anne				
<b>Gentle</b>	<b>Gentle/BeginYoga</b>	<b>Gentle Yoga</b>	<b>CORE BUSTER</b>	<b>Gentle Yoga</b>				
12:15pm Jen J.		12:15PM Anne	& deep stretch	12:15pm Lora				
<b>ML Flow</b>		<b>Deep Stretch Slow Flow</b>	Nikki, Steve & Lora	<b>Deep Stretch Slow Flow</b>				
						4:00PM Anne		
						<b>Begin/Interm Yoga</b>		
6:00pm Loretta	5:30pm Barbara	6:00PM Steve				5:30pm Tony		
<b>Beg./Int.</b>	Warm ML Flow	<b>Intermediate Yoga</b>				Intermediate		
<b>SPIN/RPM STUDIO</b>								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	5:45AM MARTHA	5:30AM VICKY		6:00AM	8:05AM MARTHA	8:05AM VICKY		
	<b>SPIN</b>	<b>SPIN</b>		<b>NO CLASS</b>		<b>SPIN</b>		
9:30AM JEN		9:30AM JULIE	7:30AM JEN	8:30AM PEGGY	9:15AM JODEE			
			<b>SPIN 1.15</b>	<b>SPIN</b>	<b>SPIN</b>			
12:15PM CINDY N	12:15PM JEN 	12:15PM CINDY N	9:05 JODEE					
<b>SPIN</b>		<b>SPIN</b>	<b>SPIN</b>					
				12:15PM CINDY N				
				<b>SPIN</b>				
6:00PM LISA B.	6:00PM MARGEE	6:00PM JODEE						
<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>						
<b>POOL</b>								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8:30AM TERESA	8:30AM TABITHA	8:30AM KIM	8:30AM TERESA	8:30AM ANNA	9:00AM LINDA			
<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>			
9:45-10:30AM	9:45AM SANDY	9:45-10:30AM	9:45AM SANDY					
<b>Open Water</b>	<b>Gentle Aqua</b>	<b>Open Water</b>	<b>Gentle Aqua</b>					