

**Must be signed up for early morning classes
by 9pm the night before*

Fitness Class Calendar November 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Full Body Fitness 10:30-11:20am Body Blast 5:15pm-6:00pm	3 Pure Strength 9am-9:50am Stability Ball Strengthening 4:15-5:00pm	4 Core Strength 8:15-9:00 am Full Body Fitness 10:30-11:20am Kick it Cardio 5:30-6:15pm	5 Pure Strength 9am-9:50am Stability Ball Strengthening 4:15-5:00pm	6 Full Body Fitness 10:30-11:20am	7 Cardio Drumming 9-9:50am Switch it Up: <i>High Intensity Interval Training</i> 10-10:50am
8 No Class on Sunday	9 Full Body Fitness 10:30-11:20am Body Blast 5:15pm-6:00pm	10 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Stability Ball Strengthening 4:15-5:00pm	11 Core Strength 8:15-9:00 am Full Body Fitness 10:30-11:20am Kick it Cardio 5:30pm-6:15pm	12 Stretch & Flex 6:45-7:35am* Cardio Drumming *101* 8-8:50am Cardio Drumming 9-9:50am Stability Ball Strengthening 4:15-5:00pm	13 Full Body Fitness 10:30-11:20am	14 Cardio Drumming 9-9:50am Switch it Up: <i>Yoga-Pilates Mix</i> 10-10:50am
	15 No Class on Sunday	16 Pure Strength 9am-9:50am Full Body Fitness 10:30-11:20am Body Blast 5:15pm-6:00pm	17 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Stability Ball Strengthening 4:15-5:00pm	18 Core Strength 8:15-9:00 am Full Body Fitness 10:30-11:20am Kick it Cardio 5:30pm-6:15pm	19 Stretch & Flex 6:45-7:35am* Cardio Drumming *101* 8-8:50am Cardio Drumming 9-9:50am Stability Ball Strengthening 4:15-5:00pm	20 Full Body Fitness 10:30-11:20am
22 No Class on Sunday	23 Pure Strength 9am-9:50am Full Body Fitness 10:30-11:20am Body Blast 5:15pm-6:00pm	24 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Stability Ball Strengthening 4:15-5:00pm	25 Core Strength 8:15-9:00 am Full Body Fitness 10:30-11:20am	26 *Closed* Happy Thanksgiving!	27 No Class	28 No Class
29	30 Pure Strength 9am-9:50am Full Body Fitness 10:30-11:20am Body Blast 5:15pm-6:00pm					

Please sign up at the front desk or call 337-7000 at least 1 hour before class time ☺