

**Must be signed up for early morning classes
by 8pm the night before*

Fitness Class Calendar November 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7-7:50am Switch it Up: Advanced Cardio Drumming* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	2 7:45-8:30am Butts & Guts* 12-12:45pm Pilates	3 7-7:50am Switch it Up: Advanced Cardio Drumming* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Advanced Cardio Drumming	4 9-9:50am Pure Strength	5 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Yoga/Pilates/Core Mix
6 No Class on Sunday	7 10-10:50am Full Body Fitness	8 7-7:50am Switch it Up: Kamagon Balls* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	9 7:45-8:30am Butts & Guts* 12-12:45pm Pilates	10 7-7:50am Switch it Up: Kamagon Balls* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Kamagon Balls	11 9-9:50am Pure Strength 10-10:50am Full Body Fitness	12 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Kamagon Balls
	13 9-9:50am Pure Strength 10-10:50am Full Body Fitness	15 7-7:50am Switch it Up: Kettlebells* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	16 7:45-8:30am Butts & Guts* 12-12:45pm Pilates	17 7-7:50am Switch it Up: Kettlebells* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Kettlebells	18 9-9:50am Pure Strength 10-10:50am Full Body Fitness	19 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Kettlebells Balls
	20 10-10:50am Full Body Fitness	22 7-7:50am Switch it Up: Step and Flex* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	23 7:45-8:30am Butts & Guts* 12-12:45pm Pilates	24 *Closed* 	25 10-10:50am Full Body Fitness	26 No Classes
27	28 9-9:50am Pure Strength	29 7-7:50am Switch it Up: Kickboxing 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	30 7:45-8:30am Butts & Guts* 12-12:45pm Pilates	1 7-7:50am Switch it Up: Kickboxing* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Kickboxing	2 9-9:50am Pure Strength 10-10:50am Full Body Fitness	3 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Kickboxing

Please sign up at the fitness center or call 337-7000 at least 1 hour before class time 😊