NOVEMBER FITNESS CLASS SCHEDULE

SCHEDULE SUBJECT TO CHANGE - Appointments are not necessary to attend fitness classes. Kids
Corner Childcare Available: Monday-Sat AM: 08:00-12:00pm / Monday-Thursday PM: 4:00-7:00pm

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am			Step (Robin)			
6:45am		Power Sculpt 45 mins (Rebecca)		BODYPUMP 45 mins (Kirsten T)		
7:00am	Tai Chi (Jaden)		Tai Chi (Jaden)		Tai Chi (Jaden)	
8:00am	Land Aquafit (Jannah)	NO CLASS	Land Aquafit (Sally)	Land Aquafit (Sally)	Land Aquafit (Monica)	
8:00am		BODYPUMP 45 mins (Michelle)				
8:15am						*Switch-Up class
8:15am	Cycling (Audrey)				Cycling (Jamilia)	Cycling (Variety)
9:00am	Pickleball Wkshp (A) 2 Hrs. Intermediate		Pickleball Workshop 2 HRS		Y Strength (Ciera) Functional Fitness area	Pickleball Workshop (AL) 2 HRS
9:00am	BODYPUMP (Kirsten T)	SOULfusion (Allison)	Power Sculpt (Jennifer)	Full Body Circuit (Michelle)	Zumba (Jennifer)	*Switch-Up class
9:00am		Cycling (Christina)		Cycling (Monica)		
10:00am	Barre Sculpt (Ciera)	Mat Pilates (Bobbie)		Cardio Fit (Jennifer)	Mat Pilates (Bobbie)	
10:15am			Core & Mobility Flow (Alex/Andreea)			
10:30am						Yoga (Variety)
11:00am	Pickleball Open Play 11am-12	Pickleball Open Play 11am-12		Pickleball Open Play 11am-12		
11:00am	Yoga (Laura)	Strength & Balance (Sally)		Strength & Balance (Sally)	Yoga (Laura)	
12:30pm	Fit Foundations (Michelle)		Fit Foundations (Michelle)			
4:30pm	Zumba (Donna)	*Zumba (Kristin)	SOULstrength (Allison)	*Zumba (Emily)		
5:00pm				Pickleball Open Play 5:00pm-6:00pm		
5:30pm	Body Combat (Karin)	BODYPUMP (Jen)	Zumba (Lindsay)	*BODYPUMP (Teresa)		
5:30pm	Cycling (Jannah)		Cycling (Gina)			
6:45pm		BodyBalance (Eileen)		Yoga (Kim)		

***SWITCH-UP CLASS**-This class rotates instructors & formats each week.