



# NOVEMBER Group Exercise Class Schedule

Please allow 2-5 min. of transition time between classes

Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP Greta			
	7:00am	Early F & S Connie		Early F & S Connie		Early F & S Connie			
	8:00am	Zumba- Lisa				Zumba-Lisa			
	9:00am	BODYPUMP Amy	ZUMBA TONING-KIT	BODY SCULPT PHOENIX	ZUMBA TONING-KIT	SCULPT OR PUMP	9:30am	BODYPUMP Tonya	
	10:00am		EXTREME GRAVITY	Zumba Gold/Line	EXTREME GRAVITY	ZUMBA TONING-KIT	10:30am	U-JAM-LISA	
	12:00pm	BODYPUMP Greta		BODYPUMP Greta					
	12:15pm					BODYPUMP Greta			
	4:00pm			U-JAM LISA			3:00PM		Table Tennis 3-6PM
	5:00pm					Table Tennis 4-7PM			
	5:30pm	BODYPUMP Tonya	Zumba Nicole (KF)	BODYPUMP Tonya	Zumba Nicole (KF)				
	6:30pm	ZUMBA-LISA	U-JAM LISA		U-JAM LISA				
Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:00am			PIYO-LISA					
	8:30am	Yoga Barbara(1.5hrs)			Yoga Barbara(1.5hrs)				
	9:00am		Pilates Connie			Hatha Yoga Audrey D	9:00am	PIYO LISA	
	10:00am	Flexibility Trng. Phoenix	Functional Fitness Claudia		Functional Fitness Claudia				
	10:30am					Stretch the Limits Claudia			
	11:15am		Stretch the Limits Claudia			12:30PM INSANITY			
	5:30pm	Beg. Yoga Eric	Pilates Connie	Beg. Yoga Eric	Slow Flow Yoga Audrey D				
	6:30pm								
	be made for 30 min. sessions								
Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9:00am	Aquacise Leslie		Aquacise Leslie		Aquacise Claudia			
	5:30pm		Aquacise Claudia		Aquacise Claudia				
Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:15AM		HOLLY		HOLLY				
	8:00AM		CHERI		CHRIS F.				
	4:30PM	MONICA		MONICA					
	5:30PM					KIRK			
6:30PM	CHRIS F.		CHRIS F.						

