



NOVEMBER

MONDAY		5:45am-6:40am	Early Bird Burn	Tassie	Studio 1
		6:00am-6:55a m	Cycle	Donna	Cycle Studio
		9:10am-9:55am	High Fitness	Victoria	Studio 1
		9:15am-10:10am	Cycle	Mindy	Cycle Studio
		9:30am – 10:25am	Core Combo	Gina P.	Studio 2
		9:55am – 10:25am	Tabata Strength	Tassie	Studio 1
	Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
		10:30am-11:25am	Zumba®	Jae	Studio 1
		11:30am-12:25pm	Tai Chi - "Chen Style"	Florin	Studio 1
		12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1
		5:15pm-6:10pm	Posture Perfect	Beth	Studio 2
	Aqua	6:00pm-7:00pm	Masters Swim		Pool
		6:15pm-7:10pm	Resistance Training	Sara	Studio 1
	7:15pm-8:20pm	Yoga 2	Sondra	Studio 2	
TUESDAY		5:45am-6:40am	High Fitness	Natalie	Studio 2
		6:30am-7:25am	Sculpt	Bob	Studio 1
		8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
		9:10am-10:05am	Step Plus	Dana	Studio 1
		9:15am-10:10am	Postural Stretch	Beth	Studio 2
	Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
		10:15am-11:10am	Strength n' Stretch	Kathy	Studio 1
		10:20am-11:30am	Yoga 2	Gina M.	Studio 2
		11:20 -12:05pm	Moving Right Along I	Adrian	Studio 1
		6:15pm-7:10pm	Rush Hour Release	Danielle	Studio 1
Aqua	6:30pm-7:30pm	H2O Fitness 2	Sara C.	Pool	
WEDNESDAY		5:45am-6:40am	Early Bird Burn	Tassie	Studio 1
		6:00am-6:55am	Cycle	Maureen	Cycle Studio
		8:00am-8:55am	Retro Cardio	Beth	Studio 1
		9:05am-10:15am	Good Morning Yoga	Lisa	Studio 2
		9:10am-10:05am	High Fitness	Victoria	Studio 1
		9:15am-10:10am	Cycle	Mindy	Cycle Studio
	Aqua	10:00am-11:00am	H2O Fitness	Maureen	Pool
		10:15am-11:05am	Posture Fusion	Gina	Studio 1
		11:30am-12:30pm	Tai Chi - Beginner	Florin	Studio 1
		12:40pm-1:30pm	Pilates	Adrian	Studio 1
		6:00pm-6:55pm	Posture Fit	Danielle	Studio 1
		7:15pm-8:25pm	Yoga	Natalie	Studio 1

THURSDAY		6:30am-7:45am	Simple Sculpt	Gina P.	Studio 1
		8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
		9:10am-10:05am	Cardio Kick & Punch	Katy	Studio 1
	Aqua	10:00am-11:00am	H2O Fitness	Adrian	Pool
		10:15am-11:10am	Tone to the Bone	Sara	Studio 1
		10:30am-11:40am	Yoga	Natalie	Studio 2
		11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
		1:30pm-2:25pm	Gentle Yoga	Maureen	Studio 1
	Aqua	6:00pm-7:00pm	Masters Swim		Pool
		6:15pm-7:15pm	High Fitness	Victoria	Studio 2
FRIDAY		5:45am-6:40am	Early Bird Burn	Tassie	Studio 1
		6:00am-6:55am	Cycle	Rena	Cycle Studio
		7:00am-7:55am	Cardio Plus	Bob	Studio 1
		8:00am-8:55am	Retro Cardio	Beth	Studio 1
		8:00am-8:55am	Cycle	Mindy	Cycle Studio
		9:10am-10:05am	Chisel	Tassie	Studio 1
		9:10am-10:05am	Connective Stretch	Beth	Studio 2
	Aqua	10:00am-11:00am	H2O Fitness	Adrian	Pool
		10:15am-11:15am	Zumba®	Jae	Studio 2
		10:15am-11:10am	Posture Perfect	Beth	Studio 1
		11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1	
SATURDAY		8:30am-9:40am	Good Morning Yoga	Tanya	Studio 2
		8:30am – 9:25am	High Fitness	Natalie	Gym
		8:40am-9:35am	Low Barre	Beth	Studio 1
		9:15am-10:00am	Cycle Plus	Natalie S.	Cycle Studio
		9:45am-10:55am	Yoga Basics	Beth	Studio 2
		10:00am-10:55am	Zumba®	Karen	Studio 1
		11:05am-12:00pm	Total Body Conditioning	Danielle	Studio 1

Thanksgiving Schedule

Wednesday, November 27

5:30am – 5:00pm

Friday, November 29

8:00am – 2:00pm

Friday Class Schedule

Ultimate Chisel (75mins.)	9:10am - 10:25am
Connective Stretch	9:10am - 10:05am
Cycle	9:15am – 10:10am
H2O Fitness	10:00am - 11:00am
Posture Perfect	10:15am - 11:10am
Tai Chi "Chen Style"	11:15am - 12:10pm