


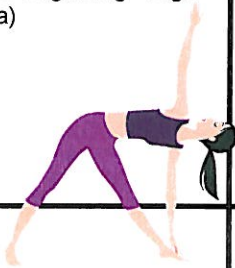




# November 2013

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ATTENTION !!!</b></p> <p><b>Saturday's Cross Training With Taylor !! 10:15 - 11:00</b></p>				<p><b>1</b></p> <p>9:00 Zone Tone (Holly) 10:30 BOSU&amp; Ball (Carol) 11:45 MSROM SilverSneakers (Carol)</p>
<p><b>4</b></p> <p>9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:25 Beginning Yoga (Tia)</p> 	<p><b>5</b></p> <p>9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Yoga (Tia)</p>	<p><b>6</b></p> <p>9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 Classic SilverSneakers (Carol) 5:00 Pilates/Yoga /Kettlebells (Simon)</p>	<p><b>7</b></p> <p>9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon)</p>	<p><b>8</b></p> <p>9:00 Zone Tone (Holly) 10:30 BOSU&amp; Ball (Carol) 11:45 Cassic SilverSneakers (Carol)</p> 
<p><b>11</b></p> <p>9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:25 Beginning Yoga (Tia)</p>	<p><b>12</b></p> <p>9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Yoga (Tia)</p>	<p><b>13</b></p> <p>9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 Classic SilverSneakers (Carol) 5:00 Pilates/Yoga /Kettlebells (Simon)</p> 	<p><b>14</b></p> <p>10:30 Fit for Life (sub) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon)</p>	<p><b>15</b></p> <p>9:00 Zone Tone (Holly) 10:30 BOSU&amp; Ball (Carol) 11:45 Classic-SilverSneakers (Carol)</p>
<p><b>18</b></p> <p>9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:25 Beginning Yoga (Tia)</p>	<p><b>19</b></p> <p>10:30 Fit For Life (jessica) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Yoga (Tia)</p>	<p><b>20</b></p> <p>9:00 Power Camp (Holly) 10:30 Kettlebell (Jessica) 11:45 Classic SilverSneakers (Carol) GYM 5:00 Pilates/Yoga Kettlebells (Simon)</p>	<p><b>21</b></p> <p>10:30 Fit for Life (Tia) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon)</p>	<p><b>22</b></p> <p>9:00 Zone Tone (Holly) 10:30 BOSU&amp; Ball (Carol) 11:45 Classic-SilverSneakers (Carol)</p>
<p><b>25</b></p> <p>9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:25 Beginning Yoga (Tia)</p>	<p><b>26</b></p> <p>9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga/Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Yoga (Tia)</p>	<p><b>27</b></p> <p>9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 MSROM SilverSneakers (Carol) 5:00 Pilates/Yoga /Kettlebells (Simon)</p>	<p><b>28</b></p> <p><b>No Classes!</b></p> <p><b>Closed For Thanksgiving</b></p>	<p><b>29</b></p> <p><b>No Classes!</b></p> <p><b>Closed For Thanksgiving</b></p>