





# Fitness November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 	<b>2</b> 9:00 Barr (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa)	<b>3</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>4</b> 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa)	<b>5</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>6</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>7</b>
<b>8</b>	<b>9</b> 9:00 Barr (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 6:00 Cardio Dance (Emily)	<b>10</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>11</b> 9:15 Power Camp / Kettlebell (Jessica) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Jessica)	<b>12</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>13</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>14</b>
<b>15</b> 	<b>16</b> 9:00 Barr (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 6:00 Cardio Dance (Emily)	<b>17</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>18</b> 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa)	<b>19</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>20</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>21</b>
<b>22</b>	<b>23</b> 9:00 Barr (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa)	<b>24</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	<b>25</b> 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa)	<b>26</b> <p style="text-align: center;"><b>CLOSED A Day To be Thankful</b></p>	<b>27</b> <p style="text-align: center;"><b>CLOSED A Day to Rest for Being Thankful</b></p>	<b>28</b> 
<b>29</b> 	<b>30</b> 9:00 Barr (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa)	