

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	2 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA yoga (Amy) 5:30 Cardio Acceleration (Rissa)	3 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	4 
5	6 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	7 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	8 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	9 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob) 5:30 Cardio Acceleration (Rissa)	10 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	11
12	13 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	14 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	15 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	16 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	17 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	18
19 	20 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	21 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	22 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	23 <u>Center Closed</u>	24 <u>Center Closed</u> 	25
26	27 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	28 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	29 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	30 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)		