

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	2 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	3 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	4 6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	5 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga (Amy) 5:00 Pull (Jacob) 	6 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	7
8 	9 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	10 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	11 6:45am Yoga (Amy) 9:30 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy) 	12 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga (Amy) 5:00 Pull (Jacob)	13 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	14
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