







Fitness November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	2 8:00 Strong (Rudy)
3	4 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Rudy)	5 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	6 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	7 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	8 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 No Silver Sneakers Class 5:30 iSweat (Rissa)	9 8:00 Strong (Rudy) 9:00 Zumba (Rudy)
	11 9:00 No Class 10:00 No Class 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	12 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	13 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	14 8:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 NO ZUMBA CLASS	15 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	16 8:00 Strong (Rudy) 9:00 Zumba (Rudy)
17	18 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Rudy)	19 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Emily) 1:00 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	20 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	21 8:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	22 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	23 8:00 Strong (Rudy) 9:00 Zumba (Rudy)
	25 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 6:00 Zumba Express (Emily)	26 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	27 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	28 CLOSED FOR THANKSGIVING 	29 CLOSED FOR BLACK FRIDAY	30 8:00 Strong (Rudy) 9:00 Zumba (Rudy)