


November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	2 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	3
4	5 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	6 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	7 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	8 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	9 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Shannon) 5:30 iSweat (Rissa)	10
11	12 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	13 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	14 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	15 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	16 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	17
18	19 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Thighs Before Pies (Shannon)	20 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	21 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	22	23	24
25	26 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	27 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	28 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	29 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	30 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	

