


CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

CYCLING | INSTRUCTOR SCHEDULE*

NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 5:30 Michelle 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	2 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	3 5:30 Michelle 8:45 Lauren 5:00 Karen	4 8:30 Karen 9:45 Judy
5 11:00 Shelly	6 5:30 Julie 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	7 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	8 5:30 Michelle 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	9 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	10 5:30 Kerri 8:45 Lauren 5:00 Karen	11 VETERAN'S DAY 8:30 Karen 9:45 Heather
12 11:00 TBD	13 5:30 Julie 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	14 6:00 Kerri 8:45 Katy J 12:15 Jen O 5:30 Shelly	15 5:30 Michelle 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	16 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly	17 5:30 Julie 8:45 Naomi 5:00 Karen	18 8:30 Karen 9:45 Judy
19 11:00 Heather	20 5:30 Julie 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	21 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	22 5:30 Michelle 11:15 Jen O 4:30 Kerri (EPIC) 5:30 Katy J 7:00 Heather	23 HAPPY THANKSGIVING CHOICE HEALTH & FITNESS CLOSED	24 5:30 Michelle 8:45 Lauren 5:00 Katy J	25 8:30 TBD 9:45 Naomi
26 11:00 TBD	27 5:30 Julie 11:15 Katy 4:30 Karen (EPIC) 5:30 Karen 7:00 Judy	28 6:00 Kerri 8:45 Lauren 12:15 Jen O 5:30 Shelly	29 5:30 Michelle 11:15 Jen O 4:30 Karen (EPIC) 5:30 Karen 7:00 Heather	30 6:00 Kerri 8:45 Tammy 12:15 Shelly 5:30 Shelly		
						

***PLEASE NOTE: INSTRUCTOR SCHEDULES ARE POSTED AT THE BEGINNING OF EACH MONTH AND ARE SUBJECT TO CHANGE.**