

# CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

## LARGE GROUP EX | INSTRUCTOR SCHEDULE\*

### NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	*** TRIAL CLASSES FOR NEW POUND TIME.		1 5:30 Amanda 8:45 Tammy 9:35 Tammy  4:30 Susan 5:15 Katie M 6:00 Gina 7:00 Chilly	2 5:30 Kathryn  12:15 Yvonne  5:10 Toni  6:00 Gina 7:00 Katie D	3  6:00 Sandy  9:00 Andy  10:15 Naomi	4  **7:30 Stayce  8:30 Toni  9:45 Katy J
5 9:00 Susan  10:15 Yvonne  1:00 Kathryn	6 5:30 Sandy 8:45 Stayce 9:35 Stayce 10:30 Tammy 4:30 Becky 5:15 Becky 6:00 Kathryn 7:00 Chilly	7 5:30 Lexy  12:15 Tammy  4:30 Toni 5:10 Toni 6:00 Susan 7:00 Naomi	8 5:30 Amanda 8:45 Tammy 9:35 Tammy  4:30 Becky 5:15 Chilly 6:00 Gina 7:00 Chilly	9 5:30 Lexy  12:15 Yvonne  5:10 Chilly  6:00 Toni 7:00 Sandy	10 6:00 Naomi  9:00 Andy  10:15 Amanda	11  VETERAN'S DAY  **7:30 Stayce  8:30 Toni  9:45 Katie D
12 9:00 Susan  10:15 TBD  1:00 Steph M	13 5:30 Sandy 8:45 Stayce 9:35 Stayce 10:30 Tammy 4:30 Becky 5:15 Becky 6:00 Andy 7:00 TBD	14 5:30 Kathryn  12:15 Katie M  4:30 Toni 5:10 Becky 6:00 Susan 7:00 Naomi	15 5:30 Amanda 8:45 Tammy 9:35 Tammy  4:30 Susan 5:15 Katie M 6:00 Gina 7:00 Stayce	16 5:30 Kathryn  12:15 Katie M  5:10 Toni  6:00 Toni 7:00 Katy J	17 6:00 Sandy  9:00 Andy  10:15 Amanda	18  **7:30 Stayce  8:30 Kathryn  9:45 Sandy
19 9:00 Susan  10:15 Sandy  1:00 Kathryn	20 5:30 Sandy 8:45 Stayce 9:35 Stayce 10:30 Tammy 4:30 Becky 5:15 Katie M 6:00 Andy 7:00 TBD	21 5:30 Lexy  12:15 Amanda  4:30 Toni 5:10 Becky 6:00 Susan 7:00 Sandy	22 5:30 Amanda 8:45 Tammy 9:35 Tammy  4:30 Susan 5:15 TBD 6:00 TBD 7:00 TBD	23  HAPPY THANKSGIVING  CHOICE HEALTH & FITNESS CLOSED	24 6:00 Sandy  9:00 Kathryn  10:15 Naomi	25  **7:30 Stayce  8:30 Lexy  9:45 Amanda
26 9:00 Susan  10:15 Katy J  1:00 Steph M	27 5:30 Sandy 8:45 Stayce 9:35 Stayce 10:30 Tammy 4:30 Becky 5:15 Chilly 6:00 Andy 7:00 Chilly	28 5:30 Kathryn  12:15 Amanda  4:30 Toni 5:10 Toni 6:00 Susan 7:00 Yvonne	29 5:30 Amanda 8:45 Tammy 9:35 Tammy  4:30 Becky 5:15 Chilly 6:00 Gina 7:00 Chilly	30 5:30 Lexy  12:15 Naomi  5:10 Toni  6:00 Kathryn 7:00 Katie D		



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