

CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

SILVER SNEAKERS-YOGA | INSTRUCTOR SCHEDULE*

NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00 Katie Du 11:00 Margaret 12:00 Katie Da 1:00 Chris (G2) 5:30 Cindy 7:00 Emily	2 6:00 Cindy 8:45 Amber 9:45 Brenda 4:00 Katie Du 6:30 Michael	3 10:00 Kerri 12:00 Shauna	4 7:45 Alissa
5 11:45 Heather	6 10:00 Katie Du 11:00 Margaret 12:00 Shauna 1:00 Chris (G2) 5:30 Michael 7:00 Michael	7 6:00 Alissa 8:45 Rose 9:45 Brenda 4:00 Steph M 6:30 TBD	8 10:00 Katie Du 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Cindy 7:00 Emily	9 6:00 Cindy 8:45 Brenda 9:45 Amber 4:00 Steph L 6:30 Michael	10 10:00 Heather 12:00 Katie Da	11 VETERAN'S DAY 7:45 Cindy
12 11:45 Alissa	13 10:00 Cindy 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Michael 7:00 Katie M	14 6:00 Alissa 8:45 Amber 9:45 Rose 4:00 Shauna 6:30 Steph M	15 10:00 Katie Du 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Cindy 7:00 Emily	16 6:00 Cindy 8:45 Brenda 9:45 Brenda 4:00 Katie Du 6:30 Michael	17 10:00 Kerri 12:00 Katie Da	18 7:45 Steph M
19 11:45 Michael	20 10:00 Kerri 11:00 Margaret 12:00 Shauna 1:00 Chris (G2) 5:30 Michael 7:00 Katie M	21 6:00 Alissa 8:45 Rose 9:45 Amber 4:00 Shauna 6:30 Steph M	22 10:00 Katie Du 11:00 Margaret 12:00 Katie Da 1:00 Chris (G2) 5:30 Steph M 7:00 Emily	23 HAPPY THANKSGIVING CHOICE HEALTH & FITNESS CLOSED	24 10:00 Shauna 12:00 Steph M	25 7:45 Alissa
26 11:45 Shauna	27 10:00 Kerri 11:00 Margaret 12:00 Cindy 1:00 Chris (G2) 5:30 Steph M 7:00 Michael	28 6:00 Alissa 8:45 Amber 9:45 Brenda 4:00 Shauna 6:30 Steph M	29 10:00 Katie Da 11:00 Margaret 12:00 Steph L 1:00 Chris (G2) 5:30 Cindy 7:00 Emily	30 6:00 Alissa 8:45 Brenda 9:45 Rose 4:00 Steph L 6:30 Michael		



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