

CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP

WATER AEROBICS | INSTRUCTOR SCHEDULE*

NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 8:00 Brenda 9:00 Brenda	2 11:00 Jen 1:00 Brenda 5:40pm Sue	3 8:00 Sue 9:00 Sue	4 8:30 Sue
5 NO CLASSES	6 8:00 Brenda 9:00 Brenda	7 11:00 Sue 1:00 Brenda 5:40pm Hyley	8 8:00 Brenda 9:00 Brenda	9 11:00 Jen 1:00 Brenda 5:40pm Sue	10 8:00 Sue 9:00 Hyley	11 VETERAN'S DAY 8:30 Sue
12 NO CLASSES	13 8:00 Brenda 9:00 Brenda	14 11:00 Brenda 1:00 Brenda 5:40pm Sue	15 8:00 Hyley 9:00 Brenda	16 11:00 Jen 1:00 Sue 5:40pm Sue	17 8:00 Sue 9:00 Hyley	18 8:30 Sue
19 NO CLASSES	20 8:00 Brenda 9:00 Brenda	21 11:00 Brenda 1:00 Sue 5:40pm Hyley	22 8:00 Brenda 9:00 Brenda	23 HAPPY THANKSGIVING CHOICE HEALTH & FITNESS CLOSED	24 8:00 Sue 9:00 Sue	25 8:30 Sue
26 NO CLASSES	27 8:00 Brenda 9:00 Brenda	28 11:00 Brenda 1:00 Brenda 5:40pm Hyley	29 8:00 Sue 9:00 Hyley	30 11:00 Jen 1:00 Sue 5:40pm Sue		
						

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