

# group exercise INCLUDED IN MEMBERSHIP

NOVEMBER 22 - 28



## STRENGTH & TONING

MON	TUES	WED	THURS	FRI	SAT	SUN
BODYPUMP 5:30 - 6:30am Yvonne (G2)		BODYPUMP 5:30 - 6:30am Sandy (G2)	CLOSED HAPPY THANKSGIVING	BODYPUMP 5:30 - 6:30am Sandy (G2)		
	SENIOR FUN & FIT 8:45 - 9:30am Brenda (G2)	BURN IT TO EARN IT Turkey Trot 9:00 - 9:10am Cycling 9:20 - 9:45am Strength 9:55 - 10:20am Abs / Stretch 10:20 - 10:30am  Sign up required				
BODYPUMP 9:00 - 9:45am Amber (G2)	SENIOR CIRCUIT 9:45 - 10:30am Brenda (G2)				BODYPUMP 10:00 am Katya (G2)	
				BODYPUMP 10:15 am Amber (G2)		BODYPUMP 10:45 am Sandy (G2)
	BODYPUMP 12:00-12:45pm Alyssa (G2)		CLOSED HAPPY THANKSGIVING			
	BODYPUMP 4:45 pm Naomi (G2)					
		BODYPUMP 5:45 pm TBD (G2)				
BODYPUMP 7:00 pm Katya (G2)			CLOSED HAPPY THANKSGIVING			

## FITNESS CLASS LOCATIONS



Y1 = Yoga Room (1st Floor)



G2 = Large Group Exercise Room (2nd Floor)



C2 = Cycling Room (2nd Floor)

## STEP OR DANCE FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
	ZUMBA 5:30 - 6:30am Corey (G2)		CLOSED HAPPY THANKSGIVING			
					ZUMBA 8:30 am Lexy (G2)	
ZUMBA 10:15 am Brittany (G2)			CLOSED HAPPY THANKSGIVING	ZUMBA 9:00 am Andy (G2)		ZUMBA 9:15 am Brittany (G2)
ZUMBA 5:45 pm Andy (G2)	ZUMBA 6:00 - 6:45pm Lexy (G2)		CLOSED HAPPY THANKSGIVING			

## CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
	RPM 5:30 - 6:15am Kerri (C2)	RPM 5:30 - 6:15am Michelle (C2)	CLOSED HAPPY THANKSGIVING	RPM 5:30 - 6:15am Julie (C2)		
		BURN IT TO EARN IT Turkey Trot 9:00 - 9:10am Cycling 9:20 - 9:45am Strength 9:55 - 10:20am Abs / Stretch 10:20 - 10:30am  Sign up required			POWER CYCLING 8:30 - 9:30am Karen (C2)	
	GROUP CYCLING 9:00 - 9:45am Lauren (C2)		GROUP CYCLING 9:00 - 9:45am Lauren (C2)			
						GROUP CYCLING 11:00 - 11:45am Davina (C2)
RPM 12:00-12:45pm Alyssa (C2)			CLOSED HAPPY THANKSGIVING			
RPM 5:30 pm Karen (C2)	RPM 5:30 - 6:15pm Yvonne (C2)	RPM 5:30 pm Karen (C2)				
			CLOSED HAPPY THANKSGIVING			

## YOGA

MON	TUES	WED	THURS	FRI	SAT	SUN
			CLOSED HAPPY THANKSGIVING			
					YOGA FLOW 8:00 am Tara (Y1)	
GENTLE YOGA 10:00 am Steph (Y1)		GENTLE YOGA 10:00 am Lisa (Y1)		GENTLE YOGA 10:00 am Tara (Y1)		
YOGA FLOW 12:00 - 12:45pm Katherine (Y1)		YOGA FLOW 12:00 - 12:45pm Katherine (Y1)	CLOSED HAPPY THANKSGIVING	YOGA FLOW 12:00 - 12:45pm TBD (Y1)		YOGA FLOW 12:00pm Heather (Y1)
		SPORT YOGA 1:00 - 1:45PM Chris (G2)				
	ANIMAL FLOW 6:00 pm Jasmine (Y1)	YOGA FLOW 6:00 pm Tara (Y1)	CLOSED HAPPY THANKSGIVING			