NOVEMBER

strength & toning MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 **BODYPUMP | Sandy** 10:30-11:30 am (G2)
2 **BODYPUMP | Sandy** 5:30-6:30 am (G2) **BODYPUMP | Amber** 9:00-10:00 am (G2) **BODYPUMP |Katya** 7:00-8:00 pm (G2)	**3** **Senior Fun & Fit | Kelley** 8:45-9:30 am (G2) **Senior Circuit | Kelley** 9:45-10:30 am (G2) **SS Classic | Kelley** 11:00-11:45 am (Y1) **BODYPUMP | TBD** 12:00-12:45 pm (G2) **BODYPUMP | Alyssa** 4:45-5:45 pm (G2)	**4** **BODYPUMP |Yvonne** 5:30-6:30 am (G2) **BODYPUMP | Amber** 9:00-10:00 am (G2) **BODYPUMP | Sandy** 5:15-6:00 pm (G2)	**5** **Senior Fun & Fit |Jennifer** 8:45-9:30 am (G2) **Senior Circuit |Jennifer** 9:45-10:30 am (G2) **BODYPUMP | Sandy** 12:00-12:45 pm (G2) **BODYPUMP | Yvonne** 4:45-5:45 pm (G2) **BODYPUMP |Katya** 7:00-8:00 pm (G2)	**6** **BODYPUMP | Alyssa** 5:30-6:30 am (G2) **BODYPUMP | Tammy** 10:15-11:00 am (G2)	**7** **BODYPUMP |Katya** 9:45-10:45 am (G2)	**8** **BODYPUMP |Yvonne** 10:30-11:30am (G2)
9 **BODYPUMP |Sandy** 5:30-6:30 am (G2) **BODYPUMP | Amber** 9:00-10:00 am (G2) **BODYPUMP |Katya** 7:00-8:00 pm (G2)	**10** **Senior Fun & Fit | Kelley** 8:45-9:30 am (G2) **Senior Circuit | Kelley** 9:45-10:3 **SS Classic | Kelley** 11:00-11:45 am (Y1) **BODYPUMP | Isabell** 12:00-12:45 pm (G2) **BODYPUMP | Alyssa** 4:45-5:45 pm (G2)	**11** **BODYPUMP | TBD** 5:30-6:30 am (G2) **BODYPUMP | Naomi** 9:00-10:00 am (G2) **BODYPUMP | Sandy** 5:15-6:00 pm (G2)	**12** **Senior Fun & Fit |Jennifer** 8:45-9:30 am (G2) **Senior Circuit |Jennifer** 9:45-10:30 am (G2) **BODYPUMP |Sandy** 12:00-12:45 pm (G2) **BODYPUMP | TBD** 4:45-5:45 pm (G2) **BODYPUMP |Katya** 7:00-8:00 pm (G2)	**13** **BODYPUMP | Alyssa** 5:30-6:30 am (G2) **BODYPUMP |Isabell** 10:15-11:00 am (G2)	**14** **BODYPUMP | Katya** 9:45-10:45 am (G2)	**15** **BODYPUMP |Katya** 10:30-11:30 am (G2)
16 **BODYPUMP |Sandy** 5:30-6:30 am (G2) **BODYPUMP |Amber** 9:00-10:00 am (G2) **BODYPUMP |Katya** 7:00-8:00 pm (G2)	**17** **Senior Fun & Fit |Kelley** 8:45-9:30 am (G2) **Senior Circuit |Kelley** 9:45-10:30 am (G2) **SS Classic | Kelley** 11:00-11:45 am (Y1) **BODYPUMP |Isabell** 12:00-12:45 pm (G2) **BODYPUMP |Alyssa** 4:45-5:45 pm (G2)	**18** **BODYPUMP |Yvonne** 5:30-6:30 am (G2) **BODYPUMP |Amber** 9:00-10:00 am (G2) **BODYPUMP |Sandy** 5:15-6:00 pm (G2)	**19** **Senior Fun & Fit |Jennifer** 8:45-9:30 am (G2) **Senior Circuit | Jennifer** 9:45-10:30 am (G2) **BODYPUMP | Naomi** 12:00-12:45 pm (G2) **BODYPUMP |Yvonne** 4:45-5:45 pm (G2) **BODYPUMP |TBD** 7:00-8:00 pm (G2)	**20** **BODYPUMP |Yvonne** 5:30-6:30 am (G2) **BODYPUMP |Isabell** 10:15-11:15 am (G2)	**21** **BODYPUMP |Alyssa** 9:45-10:45 am (G2)	**22** **BODYPUMP |Sandy** 10:30-11:30 am (G2)
23/30 **BODYPUMP |Sandy** 5:30-6:30 am (G2) **BODYPUMP |Amber** 9:00-10:00 am (G2) **BODYPUMP |Katya** 7:00-8:00 pm (G2)	**24** **Senior Fun & Fit |Kelley** 8:45-9:30 am (G2) **Senior Circuit |Kelley** 9:45-10:30 am (G2) **SS Classic | Kelley** 11:00-11:45 am (Y1) **BODYPUMP |Isabell** 12:00-12:45 pm (G2) **BODYPUMP |Alyssa** 4:45-5:45 pm (G2)	**25** **BODYPUMP |Yvonne** 5:30-6:30 am (G2) **SPECIAL EVENT** 9:40-10:30 am Tammy & Amber **BODYPUMP |Sandy** 5:15-6:00 pm (G2)	**26** **HAPPY** **THANKSGIVING** **CLOSED**	**27** **BODYPUMP |TBD** 5:30-6:30 am (G2) **BODYPUMP |Isabell** 10:15-11:15 am (G2)	**28** **BODYPUMP |Claire** 9:45-10:45 am (G2)	**29** **BODYPUMP |TBD** 10:30-11:30 am (G2)

PLEASE NOTE: *Instructor schedules are posted at the beginning of the month and are subject to change.*