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 | Naomi** 5:30-6:30 am (G2) **BODYPUMP | Amber** 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.*