

WELLNESS FLOOR CLASSES (NOVEMBER)

REGISTRATION IS REQUIRED FOR PAID CLASSES ONLY

Group classes=\$3 / TRX classes=\$5 / MX4 classes=\$8 / **Free classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Circuit Silver Sneakers 8:15-9:00 am Sue	Dance Fitness 8:15-9:00 am Janie {FREE}	Circuit Silver Sneakers 8:15-9:00 am Sue		Glutes, Core & More 8:15-9:00 am Carol	
Yoga 9:15-10:00am Sue	MX4 9:15-10:00 am (Only 8 spots) Toni	Yoga 9:15-10:00 am Sue		MX4 9:15-10:00am (Only 8 spots) Toni	Cycle 8:15-9:00 am Nanci	
Cycle 9:15-10:00 am Rose	Cycle 9:15-10:00 am Rose	Cycle 9:15-10:00 am Rose	Cycle 9:15-10:00 am Rose	Cycle 9:15-10:00 am Rose		
	Balance & Stability 9:15-10:00 am Sue		Strength Training 9:15-10:00 am Nanci {FREE}	Balance & Stability 9:15-10:00 am Sue	Tabata Timing 9:15-10:00 am Dawn {FREE}	
Strength Training 10:15-11:00 am Sharon {FREE}	Strength Training 10:15-11:00am Nanci {FREE}	Strength Training 10:15-11:00 am Sharon {FREE}	Yoga 10:15-11:00 am Sue	Chair Yoga 10:15-11:00 am Sue {FREE}	Zumba 10:15-11:00am Dawn {FREE}	
	MX4 10:15-11:00 am (Only 8 spots) Toni			MX4 10:15-11:00am (Only 8 spots) Toni		
Classic Silver Sneakers 11:15-12:00 pm Linda		Classic Silver Sneakers 11:15-12:00 pm Linda		Classic Silver Sneakers 11:15-12:00 pm Linda		Dance Fitness 11:00-11:45am Janie {FREE}
Circuit Silver Sneakers 12:15-1:00 pm Linda		Circuit Silver Sneakers 12:15-1:00 pm Linda		Circuit Silver Sneakers 12:15-1:00 pm Linda		
			TRX 5:15-6:00 pm (Only 8 spots) Beth			
Strength Training 6:15-7:00 pm Sharon {FREE}	HIIT 5:45-6:30 pm Tricia	Strength Training 6:15-7:00 pm Sharon {FREE}	HIIT 5:45-6:30 pm Tricia		CYCLE-THON "TURKEY BURN" NOV 21 ST 10:00-11:30am	
Cycle 6:15-7:00pm Beth	Glutes, Core & More 7:00-7:45pm Carol	Yoga 7:15-8:00pm Lisa	Cycle 6:15-7:00 pm Beth		JOIN ROSE, BETH AND CAITLIN FOR THIS ONE-TIME EVENT!	