



SUN	MON	TUE	WED	THUR	FRI	SAT
<p>13 2:45 Yoga Mary▲ (1 hour, 15 min) <b>12:10-12:45 Body Blast Nancy+</b></p>	<p>14 5:30am Powercut Johna+ <b>8:30 Yoga Rebecca▲</b> 8:30 Powercut Terry+ <b>9:30 Cycling Patch●</b> 9:30 RX Fitness Emmy+ <b>10:30 Line Dance Deb+</b> 12:10-12:45 Body Blast Johna+ (35 min) <b>12:30 Pilates Ginny▲</b> 3:00 Line Dancing - beginner+ <b>3:30 Line Dancing -intermediate+</b> 4:00 Line Dancing Advanced Susan+ <b>5:30 Cardio/strength intervals Johna+5:30 Yoga Judi▲</b> 6:30 Cycling Nancy● <b>6:30 Zumba Joy+</b></p>	<p>15 5:30 Cycling Cat● <b>5:45-6:45am Yoga Mary▲</b> 8:30 RESTORE Carol▲ <b>9:30 Deep Stretch Emmy▲</b> 10:30 Aqua Aerobics (pool) Betsy <b>10:30 Low aerobics/tone Kim+</b> 12:10-12:55 Yoga Ginny ▲ <b>1:00 RX Fitness Mary Helen+</b> 5:30 Cycling Patch● <b>6:30 Total Body Conditioning Nancy+</b> <b>6:30 Aqua Zumba (pool) Marisol</b></p>	<p>16 5:30am Powercut Johna+ <b>8:30 Barre Combo Ginny▲</b> 9:30 Cycling Ginny● <b>9:30 RX Fitness Emmy+</b> 10:30 Chair Yoga Emmy+ <b>12:10 Circuit35 Nancy+</b> 5:30 RESTORE Carol▲ <b>6:30 Zumba Toning Joy▲</b></p>	<p>17 5:30 Cycling Cat ● <b>5:45-6:45am Yoga Mary▲</b> 8:30 RESTORE Carol▲ <b>9:30 Deep Stretch Suzette▲</b> 10:30 Aqua Aerobics (pool) Betsy <b>10:30 Beginners Pilates (30 min) Suzette▲</b> 12:10 Cycling Nancy● <b>12:10 Pilates Suzette▲</b> 1:00 RX Fitness Mary Helen+ <b>5:30 Cycling Patch●</b> 5:30 Yoga Kelly▲ <b>5:30 Total Body Conditioning Rebecca+</b> 6:30 TRX Nancy (coming soon)</p>	<p>18 5:30am Powercut Johna+ <b>8:30 Yoga Judi▲</b> 9:30 Cycling Patch● <b>9:30 RX Fitness Emmy+</b> 10:30 Line Dancing Deb+ <b>12:10-12:45 Body Blast Nancy+</b></p>	<p>19 8:30 Cycling Ginny● <b>9:30 Total Body Conditioning Ginny+</b> 9:30 Yoga Kelly▲ (1 hour, 15 min)</p>
<p>20 2:45 Yoga Ginny▲ (1 hour, 15 min) <b>4:00-4:45 Zumba-Joy+</b></p>	<p>21 5:30am Powercut Johna+ <b>8:30 Yoga Rebecca▲</b> 8:30 Powercut Terry+ <b>9:30 Cycling Patch●</b> 9:30 RX Fitness Emmy+ <b>10:30 Line Dance Deb+</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:30 Pilates Suzette▲</b> 3:00 Line Dancing- beginner+ <b>3:30 Line Dancing- intermediate+</b> 4:00 Line Dancing Advanced Susan+ <b>5:30 Cardio/strength intervals Johna+</b> 5:30 Yoga Judi▲ <b>6:30 Cycling Nancy●</b> 6:30 Zumba Joy+</p>	<p>22 5:30 Cycling Cat● <b>5:45-6:45am Yoga Mary▲</b> 8:30 RESTORE Carol▲ <b>9:30 Deep Stretch Emmy▲</b> 10:30 Aqua Aerobics (pool) <b>10:30 Low aerobics/tone Kim+</b> 12:10-12:55 Yoga Stacy ▲ <b>1:00 RX Fitness Mary Helen+</b> 5:30 Cycling Patch● <b>6:30 Total Body Conditioning Nancy+</b> 6:30 Aqua Zumba (pool) Marisol</p>	<p>23 5:30am Powercut Johna+ <b>8:30 Barre Combo Ginny▲</b> 9:30 Cycling Ginny● <b>9:30 RX Fitness Emmy+</b> 10:30 Chair Yoga Emmy+ <b>12:10 Circuit35 Nancy +</b> 5:30 NO RESTORE Carol▲ <b>6:30 NO Zumba Toning Joy▲</b></p>	<p>24  <b>CLOSED HAPPY THANKSGIVING</b></p>	<p>25 5:30am Powercut Johna+ <b>8:30 Yoga Stacy▲</b> 9:30 Cycling Nancy ● <b>9:30 RX Fitness Emmy+</b> 10:30 NO Line Dancing Deb+ <b>12:10-12:45 Body Blast Nancy+</b></p>	<p>26 8:30 Cycling Nancy ● <b>9:30 Total Body Conditioning Nancy+</b> 9:30 Yoga Mary▲ (1 hour, 15 min)</p>
<p>27 2:45 Yoga Stacy▲ (1 hour, 15 min) <b>4:00-4:45 Zumba-Joy+</b></p>	<p>28 5:30am Powercut Johna+ <b>8:30 Yoga Rebecca▲</b> 8:30 Powercut Terry+ <b>9:30 Cycling Patch●</b> 9:30 RX Fitness Emmy+ <b>10:30 Line Dance Deb+</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:30 Pilates Suzette▲</b> 3:00 Line Dancing beginner+ <b>3:30 Line Dancing - intermediate+</b> 4:00 Line Dancing Advanced Susan+ <b>5:30 Cardio/strength intervals Johna+</b> 5:30 Yoga Judi▲ <b>6:30 Cycling Nancy●</b> 6:30 Zumba Joy+</p>	<p>29 5:30 Cycling Cat● <b>5:45-6:45am Yoga Mary▲</b> 8:30 RESTORE Kim B▲ <b>9:30 Deep Stretch Emmy</b> 10:30 Aqua Aerobics (pool) Betsy <b>10:30 Low aerobics/tone Kim+</b> 12:10 TRX/rope intervals Nancy (35 min)+ <b>12:10-12:55 Yoga Stacy▲</b> 1:00 RX Fitness Mary Helen+ 5:30 Cycling Patch● <b>6:30 Aqua Zumba (pool) Marisol</b> 6:30 Total Body Conditioning Nancy+</p>	<p>30 5:30am Powercut Johna+ <b>8:30 Barre Combo Ginny▲</b> 9:30 Cycling Ginny● <b>9:30 RX Fitness Emmy▲</b> 10:30 Chair Yoga Emmy+ <b>12:10 Circuit35 Nancy+</b> 5:30 RESTORE Carol▲ <b>6:30 Zumba Toning Joy▲</b></p>			<p>+Group x Studio ▲mind/body room ●Cycling Studio</p>