

## November 2024 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>SPIN AND</b> 5:30 AM MEGAN	<b>KETTLEBELL 5:45 AM</b> JIM	<b>SPIN 5:30 AM</b> MEGAN	<b>KETTLEBELL 5:45 AM</b> JIM
<b>GROUP POWER</b> 8:00 AM PAM	<b>DANCE AEROBICS 8:00 AM</b> JEAN	<b>BOOTCAMP/FREESTYLE</b> 8:00 AM TESS!!/ Pam	<b>DANCE AEROBICS 8:00 AM</b> JEAN	
<b>YOGA 9:00 AM</b> TINA Angie	Explore Yoga 9:00AM RHIANNA      SPIN 9:00AM DENISE	<b>YO-FLEX 9:00 AM</b> TINA	<b>GROUP POWER</b> 9:00 AM PAM	<b>SPIN AND SCULPT / HIIT</b> 9:00 AM DENISE
<b>Silver Sneakers</b> 10:00 Jill, Suellen, Susie	<b>TAI CHI 10:00AM</b> BONNIE	<b>SENIOR FITNESS 10:00 AM</b> Cherry		<b>SENIOR FITNESS 10:00AM</b> Megan <b>No Class 11/15</b>
<b>CARDIO KICK</b> 12:00 PM Pam	<b>GROUP POWER</b> 12:00 PM Pam	<b>RUSSIAN KETTLEBELL</b> 12:00Pm Ask about sign up at front desk!	<b>GROUP POWER</b> 12:00 PM PAM	<b>YOGA CORE</b> 12:00 PM MEGAN <b>No Class 11/15</b>
	<b>SCULPT 1:00pm</b> PATTY	<b>SCULPT 1:00 PM</b> PATTY		
<b>ZUMBA!!</b> 5:15 pm Liz	<b>SCULPT</b> 4:30PM DAWN		<b>30 MIN HIIT!!</b> 4:30PM LISA <b>NEW!</b>	
<b>GROUP POWER</b> 6:30 PM TESS!	<b>YOGA BASICS 5:45PM</b> DAWN	<b>HOT PILATES</b> AMANDA 6:00PM	<b>GROUP POWER 6:00 PM</b> TESS!	

**NEW/CANCELLED CLASS ALERT:**

Be sure to check out the yellow sections on calendar!!! Text (706)371-3531 for updates