

NOVEMBER

— CLASS SCHEDULE —

MONDAY

5:30 am	● Cardio & Weights	Adrienne
8:45 am	● Cardio & Weights	Di
11:30 am	● Indo-Row	Paul
5:30 pm	● Yoga	Nicole
5:30 pm	● Spinning	Anne
5:30 pm	● Kettlebells	Jessica

TUESDAY

5:30 am	● Row & Weights	Gina
9:00 am	● Yoga	Christine
9:00 am	● Circuit Breaker	Dawn
10:30 am	● Prime Time	Mike
10:30 am	● Veterans Row	Gina
4:30 pm	● Group Train	Alison
5:00 pm	● TRX	Jessica
5:30 pm	● Core & Balance	Di

WEDNESDAY

9:00 am	● Pilates Sculpt	Sherry
9:30 am	● Fit Fusion Strength	Danielle
4:30 pm	● Group Train	Di
4:30 pm	● Mobility and Stretch	Mark C.
5:30 pm	● Cardio Sculpt	Kerri
5:30 pm	● Row & Weights	Gina
6:00 - 6:30 pm	● Jillian Michael's Body Shred	Sara

● Strength

● Stretch

● Cardio

- Spinning, TRXtra, Indo-Row, & Urban Rebounding classes require 24 hour sign up
- Specialty classes are paid classes (Pd)
- Classes will be canceled if less than 3 people attend

CLUB HOURS

Mon - Thur 5:00 am - 9:30 pm
 Fri 5:00 am - 8:30 pm
 Saturday 7:00 am - 5:00 pm
 Sunday 7:00 am - 12:00 pm

THURSDAY

5:30 am	● Row & Weights	Gina
9:00 am	● Urban Rebounding	Sherry
11:30 am	● Indo-Row	Paul
5:30 pm	● Obstacle Course Boot Camp	Mike
5:30 pm	● Spinning	Kendra

FRIDAY

8:45 am	● Cardio Kick & TRX	Di
9:00 am	● Cardio Barre	Sherry

SATURDAY

7:30 am	● Beach Body	Ali B
8:00 am	● Step & Weights	Kerri
8:00 am	● Spinning	Kim
8:30 am	● TRX	Di
9:30 am	● Learn to Spin (last Sat. of month)	Dom
11:00 am	● Learn to Row (first Sat. of month)	Paul

SUNDAY

8:00 am	● Spinning	Dom
8:30 am	● Barre N' Bounce	Sherry
10:00 am	● Boot Camp (pd)	Kayla



NUTRITION TALK

Monday, November 19
 at 7pm
 Surviving the Holidays