NOVEMBER GROUPX SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	YOGA 7:30a-8:30a Sara/Cathy
PILATES 8:45a-9:30a Olivia	STEP 8:30a-9:15a Meghan	PILATES 6:00a-6:45a Bre	FULL BODY STRENGTH 7:30a-8:15a Allison	TABATA BOOT CAMP 7:30a-8:15a Mary	BOXING CONDITIONING 8:15a-9:00a Brenda
FULL BODY STRENGTH 8:30a-9:15a Megan	WARRIOR CROSS TRAIN 8:30a-9:15a Allison	BARRE 8:30a-9:15a Meghan	WARRIOR CROSS TRAIN 8:30a-9:15a Olivia	PILATES 8:15a-9:00a Bre	HIGH fitness
FULL BODY STRENGTH 12:15p-1:00p Beth	GET FIT 8:45a-9:30a Sam	Cycling 9:30a-10:15a Judy	GET FIT 8:45a-9:30a Lisa	✓ VINYASA FLOW 9:30a-10:30a Emely	
MUSCLE TONE 5pm-5:30p Jen O	FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy	✓ VINYASA FLOW YOGA 9:30a-10:30a Meghan	TABATA 12:15p-1:00p Beth	FULL BODY STRENGTH 8:30a-9:15a Megan	
Rhythm Ride 5:15p-6:00p Rihannan	YOGA 12:15p-12:45p Cathy	BODY SCULPT 12:15p-1:00p Beth	BOXING 5:00p-6:00p Riley	FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy	
CARDIO CIRCUITS 5:30p-6:00p Jen O	Suspension & Row 12:15p-1:00p Beth	HIGH FITNESS 5:45p-6:30p Lisa	Rhythm Ride 5:15p-6:00p Rihannan	YOGA 12:15p-12:45p Cathy	
HIGH FITNESS 5:45p-6:30p Lisa	BOXING 5:00p-6:00p Riley		YOGA 5:30p-6:30p Kelle	Instructor Choice 12:15p-1:00p Allison	
	YOGA 5:30p-6:30p Cathy		BARRE 5:30p-6:15p Meghan		

✓ FREE TO THE COMMUNITY FOR THE ENTIRE MONTH

OFF SITE
MULTI PURPOSE ROOM
BFIT
AEROBICS ROOM
CYCLING ROOM
GYM/OUTSIDE

* REGISTRATION IS REQUIRED