



NOVEMBER 15 - NOVEMBER 28

Attention Members!

Check out our special class lineup on Thanksgiving Morning!

Please note that early morning SPRINT is moving from 5:45am to 6:00am beginning 11/16.

Class Location Key:

- SStudio = Spin Studio, court 6
- GX1 = Group Exercise Studio 1
- M/B = Mind / Body Studio, upstairs
- I POOL = Indoor Pool
- O POOL = Outdoor Pool

Monday 11/15	Tuesday 11/16	Wednesday 11/17	Thursday 11/18	Friday 11/19	Saturday 11/20	Sunday 11/21
9:30 am SStudio Spinning@ 45 min ALLISON	6:00 am SStudio Sprint™ 30 min CAMERON	9:30 am GX1 BARRE 55 min ALLISON	6:00 am SStudio Sprint™ 30 min MELISSA R	5:45 am GX1 Bodyflow™ 45 min CAMERON	8:30 am GX1 Bodyattack™ 45 min ANGELA	9:00 am SStudio Spinning@ 45 min SARAH
9:30 am GX1 Aeromix 55 min SANDY	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:45 am SStudio Spinning@ 45 min LINDA	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	6:30 am GX1 Les Mills Core™ 30 min CAMERON	8:30 am SStudio Spinning@ 45 min ALLISON	9:00 am GX1 Bodyattack™ 45 min DENISE
10:30 am GX1 Bodypump™ 55 min MIKA	8:30 am GX1 Solid Strength 45 min TINA	10:30 am GX1 Bodypump™ 45 min PATRICIA	8:30 am GX1 Solid Strength 45 min TINA	9:00 am I POOL H ₂ O Freestyle 45 min ANNE	9:00 am I POOL H ₂ O Freestyle 45 min KIM	10:00 am GX1 SHINE™ 55 min JACLYN
10:30 am M/B YOGA 60 min CARI	9:30 am SStudio Spinning@ 45 min PATRICIA	10:30 am M/B YOGA 60 min ALLISON	9:30 am SStudio Spinning@ 45 min ALLISON	9:30 am SStudio Spinning@ 45 min SARAH	9:30 am GX1 Les Mills Core™ 30 min ANGELA	11:00 am GX1 BARRE 55 min DENISE
5:45 pm GX1 Bodycombat™ 45 min ANGELA	10:30 am GX1 Pilates Fusion 45 min PATRICIA	11:30 am GX1 Active Agers 55 min SANDY	9:30 am M/B Chair Yoga 45 min PATRICIA	9:30 am GX1 Aeromix 55 min SANDY	10:00 am M/B YOGA 60 min ALLISON	
6:00 pm I POOL H ₂ O Freestyle 45 min KIM	5:30 pm SStudio Spinning@ 45 min MICHELLE	6:00 pm I POOL Aqua Zumba 45 min TRACEY	5:30 pm GX1 SHINE 55 min DONNA	10:30 am M/B Yin Yoga 60 min MADI		
6:00 pm M/B All Levels Yoga 60 min CARI	5:30 pm GX1 Zumba 55 min DONNA	6:00 pm SStudio Sprint™ 30 min MELISSA R	6:00 pm M/B All Levels Yoga 60 min LEO	11:30 am GX1 Active Agers 55 min SANDY		
6:00 pm SStudio Sprint™ 30 min LINDA	6:30 pm GX1 Athletic Intervals 45 min TINA	6:30 pm GX1 Les Mills Core™ 30 min DENISE	6:30 pm GX1 Bodyattack™ 45 min DENISE			
		7:15 pm GX1 Bodyflow™ 45 min DENISE				
Monday 11/22	Tuesday 11/23	Wednesday 11/24	Thursday 11/25	Friday 11/26	Saturday 11/27	Sunday 11/28
9:30 am SStudio Spinning@ 45 min ALLISON	6:00 am SStudio Sprint™ 30 min CAMERON	9:30 am GX1 BARRE 55 min ALLISON	6:00 am SStudio Sprint™ 30 min MELISSA R	5:45 am GX1 Bodyflow™ 45 min CAMERON	8:30 am GX1 Bodyattack™ 45 min ANGELA	9:00 am SStudio Spinning@ 45 min SARAH
9:30 am GX1 Aeromix 55 min SANDY	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:45 am SStudio Spinning@ 45 min LINDA	6:30 am GX1 Les Mills Core™ 30 min DENISE	6:30 am GX1 Les Mills Core™ 30 min CAMERON	8:30 am SStudio Spinning@ 45 min ALLISON	9:00 am GX1 Bodyattack™ 45 min DENISE
10:30 am GX1 Bodypump™ 55 min MIKA	8:30 am GX1 Solid Strength 45 min TINA	10:30 am GX1 Bodypump™ 45 min PATRICIA	8:00 am GX1 Bodyattack™ 45 min DENISE	9:00 am I POOL H ₂ O Freestyle 45 min ANNE	9:00 am I POOL H ₂ O Freestyle 45 min ANNE	10:00 am GX1 SHINE™ 55 min JACLYN
10:30 am M/B YOGA 60 min CARI	9:30 am SStudio Spinning@ 45 min PATRICIA	10:30 am M/B YOGA 60 min ALLISON	9:00 am GX1 Bodypump™ 45 min DENISE	9:30 am SStudio Spinning@ 45 min SARAH	9:30 am GX1 Les Mills Core™ 30 min ANGELA	11:00 am GX1 BARRE 55 min DENISE
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6:00 pm M/B All Levels Yoga 60 min CANCELLED	5:30 pm GX1 Zumba 55 min DONNA	6:00 pm SStudio Sprint™ 30 min MELISSA R		11:30 am GX1 Active Agers 55 min SANDY		
6:00 pm SStudio Sprint™ 30 min LINDA	6:30 pm GX1 Athletic Intervals 45 min TINA	6:30 pm GX1 Les Mills Core™ 30 min DENISE				
		7:15 pm GX1 Bodyflow™ 45 min DENISE				