



NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6:00-7:00 CROSSTRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	2 : 30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
3	4 5:00-5:55 PILATES 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 1:30-2:30 LABLAST 4:15-5:15 TOTAL BODY CONDITIONING 6:30-7:30 CARDIO KICKBOXING	5 5:00-5:45 TABATA 6:00-6:45 TRANSFORM 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA & ABS (BALCONY) 9:15-9:45 TRANSFORM 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	6 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 TOTAL BODY CONDITIONING 6:30-7:30 CARDIO KICKBOXING	7 5:00-5:55 PILATES 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GUTS & BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS 7:00-9:00 LINE DANCING	8 6:00-7:00 CROSSTRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	9 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
10	11 5:00-5:55 PILATES 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 1:30-2:30 LABLAST 4:15-5:15 TOTAL BODY CONDITIONING 6:30-7:30 CARDIO KICKBOXING <small>OLD MATT'S BIRTHDAY</small>	12 5:00-5:45 TABATA 6:00-6:45 TRANSFORM 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA & ABS (BALCONY) 9:15-9:45 TRANSFORM 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	13 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 TOTAL BODY CONDITIONING 6:30-7:30 CARDIO KICKBOXING	14 5:00-5:55 PILATES 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GUTS & BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS 7:00-9:00 LINE DANCING	15 6:00-7:00 CROSSTRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	16 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
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24	25 5:00-5:55 PILATES 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 1:30-2:30 LABLAST 4:15-5:15 TOTAL BODY CONDITIONING 6:30-7:30 CARDIO KICKBOXING	26 5:00-5:45 TABATA 6:00-6:45 TRANSFORM 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA & ABS (BALCONY) 9:15-9:45 TRANSFORM 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	27 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 TOTAL BODY CONDITIONING 6:30-7:30 CARDIO KICKBOXING	28 CLOSED	29 TURKEY WORKOFF	30 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES