



22

2

NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:00AM-7:00AM
CROSS TRAINING
*Laurie

6:00AM-7:00AM
CROSS TRAINING
*Laurie

6:00AM- 7:00AM
CROSS TRAINING PILA-
TES *Laurie

6:00AM-7:00AM
CROSS TRAINING'
(CARDIO) *Laurie

8:45AM-9:45AM
YOGA (studio)
*Jackie

8:00AM-9:00AM
CORE&FLOOR
(BALCONY) *Sandy

8:45AM-9:45AM
YOGA (father sheehan
park) *Jackie

8:00AM-9:00AM
CORE&FLOOR
(BALCONY) *Sandy

9:15AM-10:15AM
EASY DOES IT
*Amberleigh

8:15 AM-9:00AM
STABILITY BALL
TRAINING
"YOGA BALL"
*Coleen

9:15AM-10:15AM
EASY DOES IT
*Amberleigh

8:15 AM-9:00AM
STABILITY BALL
TRAINING "YOGA
BALL" *Coleen

10:15-11:00
LABLAST
*Amberleigh

9:15AM-9:45AM
JUST DANCE *Laurie

12:00PM-1:00PM
CROSS TRAINING
*Amberleigh

9:15AM-9:45AM
JUST DANCE *Laurie

9:15AM-10:15AM
EASY DOES IT
*Colleen

12:00PM-1:00PM
CROSS TRAINING
*Amberleigh

10:00-11:00AM
CLASSIC YOGA
*Coleen

1:30-3:00
LINE DANCING

10:00-11:00AM
CLASSIC YOGA
*Coleen

10:15-11:00
PILATES
*Amberleigh

5:00-7:00pm
BOXING

12:10-1:00
GROUP CYCLING
*Angie

5:00-7:00pm
BOXING

11:00AM-12:00PM
SIT AND BE FIT
(STRENGTH AND
ROM) *Colleen

F.O.C.U.S
10:00 AM -
11:00AM
*Amberleigh

6:00PM-6:30PM
PILATES (BALCONY)
*Sam

11:00 AM- 12:00PM
CHAIR YOGA
*Coleen

6:00PM-6:30PM
PILATES (BALCONY)
*Laurie

6:30PM-7:00PM
WORKOUT IN
WEIGHT ROOM
(WIW) *Sam

6:00PM-7:00PM
GUTS & BUTTS
TABATA
*Amberleigh

6:30PM-7:00PM
WORKOUT IN WEIGHT
ROOM (WIW) *Laurie

6:30-8:30
LINE DANCING

Pool Closed Nov.4-6

Do It 4 the Pie Challenge Nov.19