




NOVEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
				1 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00 - 9:00 LINE DANCING	2 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	3 8:30-9:30 YOGA (BALCONY) 8:30 - 9:25 MIX IT UP 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
4 3:00 -3:45 SPARTAN STRONG	5 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15 - 12:15 SILVER SNEAKERS 12:10 - 1:00 Cross Training 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	6 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	7 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	8 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00 - 9:00 LINE DANCING	9 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	10 8:30-9:30 YOGA (BALCONY) 8:30 - 9:25 MIX IT UP 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
11 3:00 - 3:45 SPARTAN STRONG	12 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15 - 12:15 SILVER SNEAKERS 12:10 - 1:00 Cross Training 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	13 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	14 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	15 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00 - 9:00 LINE DANCING	16 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	17 8:30-9:30 YOGA (BALCONY) 8:30 - 9:25 MIX IT UP 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
18 3:00 - 3:45 SPARTAN STRONG	19 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15 - 12:15 SILVER SNEAKERS 12:10 - 1:00 Cross Training 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	20 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	21 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	22 	23 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	24 8:30-9:30 YOGA (BALCONY) 8:30 - 9:25 MIX IT UP 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
25 3:00 - 3:45 SPARTAN STRONG	26 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15 - 12:15 SILVER SNEAKERS 12:10 - 1:00 Cross Training 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	27 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	28 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	29 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00 - 9:00 LINE DANCING	30 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	