

NOVEMBER

Monday Tuesday Wednesday Thursday Friday Saturday

		*Yoga Rise 8:00am-8:50am Donna (DS)		*PiYo 8:00am-9:00am Esther (DS)	
*Interval Training 9:05am-10:00am Esther (DS)	*Body Sculpt 9:05am-10:00am Lana (DS)	*Cardio Kickboxing 9:05am-10:00am Carrie (DS)	*Power Pump 9:05am-10:00am Lana (DS)	*Fitness Mashup 9:05am-10:00am Esther (DS)	
Yoga Essentials 10:30am-11:30am Cathleen (ELM)	Studio Cycle 10:15am-11:10am Lana (DS)	*Quick Core 10:00am-10:30am Carrie (DS)	SWAT 10:15am-11:10am Carrie (OUT/DS)		
Lite N Lively (55+) 10:30am-11:30am Matt (DS)		Lite N Lively (55+) 10:30am-11:30am Carrie (DS)		Lite N Lively (55+) 10:30am-11:30am Ying (DS)	
ZUMBA™ 7:00pm-8:00pm Esther (DS)	Studio Cycle 7:15pm-8:00pm Kim (DS)		Spinlates 7:00pm-8:00pm Kim (DS)		

*Classes with an * are included within the Group and Ultimate memberships*

Shaded classes are Registration Classes



DS- Dance Studio
ELM- Elm Room

