

# Group Fitness Schedule: November 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Boot Camp (\$) (James)	30-Day Challenge (\$) (Jen)	Boot Camp (\$) (James)	30-Day Challenge (\$) (Jen)	Boot Camp (\$) (James)	
5:45am			Cycling (Amy)			
7:00am						30-Day Challenge (\$) (Jen)
8:00am						Tone & Sculpt (Jen)
8:15am	Mat Pilates (Paula)		Mat Pilates (Paula)			
9:00am	Cycling (Amy)					Cycling (Brandy)   30-Day Challenge (\$) (James)
9:30am	Senior Fit/Silver Sneakers (Kristin)		Senior Fit/Silver Sneakers (Kristin)		Senior Fit/Silver Sneakers (Kristin)	
10:00am						Total Body Fitness (Tara)
12:00pm	Ab Blast (Cody)	Tone & Sculpt (Kristin)	Full Body Blitz (Rylan)	Total Body Fitness (James)		
5:30pm	Inferno 30 (Kristin)	30-Day Challenge (\$) (James)	Full Body Blitz (Kristin)	Total Body Fitness (Tara)   Cycling (Brandy)		
6:30pm		Yoga (Pam)		Yoga (Pam)		

● Classes marked with a "\$" required an additional fee. ● November schedule begins 11/6/17 ●