



GROUP FITNESS

SPORTS OF ALL SORTS



NOVEMBER- 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Classic 6:30-7:25pm (Karin) Cardio Sculpt	2 6:30pm-7:15 (Karin) BUTTS & GUTS	3 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	4
5	6 9:30-10:25 (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 JEANNINE STRONG - By: Zumba!	7 9:30-10:20am (Toni) SENIOR'S YOGA	8 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) Y O G A	9 6:30pm-7:15 (Karin) BUTTS & GUTS	10 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	11 CARDIO DANCE :) 10:00 Fitness Center (Lisa)
12	13 9:30-10:25am (ANGI) Senior Strength & Cond. 10:45 - 11:40am (Toni) SilverSneakers Classic 6:30 - 7:30pm Karin Cardio Sculpt	14 9:30-10:20am (Toni) SENIOR'S YOGA	15 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30pm-7:30 (LISA) CARDIO DANCE :)	16 6:30pm-7:15 (Karin) BUTTS & GUTS	17 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	18
19	20 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30 - 7:30pm Jeannine STRONG - By: Zumba!	21 9:30-10:20am (Toni) SENIOR'S YOGA	22 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic 6:30-7:30 pm (Karin) HIIT - Burn & Blast	23 Happy Thanksgiving! We will be closed.	24 9:00-10:00am (Karin) FEEL THE BURN HIIT BOOT CAMP!!!! 10:15 - 11:00 (Lisa) SilverSneakers Classic	25 BOOT CAMP 10:00 Fitness Center (Karin)
26	27 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40 (Lisa) SilverSneakers Classic 6:30-7:30 pm (Karin) Cardio Sculpt	28 9:30-10:20 (Toni) SENIOR'S YOGA	29 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30pm-7:15pm (Toni) Y O G A	30 6:30pm-7:15 (Karin) BUTTS & GUTS		