

MONDAY		1-Nov	8-Nov	15-Nov	22-Nov	29-Nov
5:15	SPIN - 50 mins	Christi	Christi	Christi	Christi	Christi
5:30	BOOTCAMP	Angie	Angie	Angie	Angie	Angie
8:30	BODYATTACK	Dina	Michelle C	Cindy	Michelle C	Dina
8:30	SPIN	Angie	Angie	Angie	Angie	Angie
8:30	ADVANCE YOGA (MB)	Jessica R	Jessica R	Teri	Jessica R	Jessica R
9:30	BODYPUMP	Sarah V.	Anna	Cindy	Sarah N.	Els
9:30	PILATES (MB)	Rachel Anderson	Jesse	Lee	Jesse	Lee
10:30	ZUMBA	Jen H	Amber	Naomi	Amber	Naomi
10:30	RESTORATIVE YOGA (MB)	Callie	Claire	Callie	Teri	Claire
5:30	GRIT	Toni	Jeremy	Mary	Jeremy	Toni
6:00	SPIN	Laura B.	David	Sabrina	Jeff	Jeff
6:00	PILATES (MB)	Kathy	Lisa D	Kathy	Stephanie-Flow	Kathy
6:45	ZUMBA	Yesika	Pearl	Pearl	Shelley	Yesika
7:00	YOGA (MB)	Michelle E	Rita	Michelle E	Rita	Michelle E
AQUATICS						
9:00	AQUA FITNESS	Sandy	MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	POOLATES	Sandy	MaryAnn	MaryAnn	MaryAnn	MaryAnn
6:15	AQUA FITNESS	Lynn	Sandy	Lynn	Lynn	Lynn
TUESDAY		2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
5:15	PUMP AND RUN	Christi	Christi	Christi	Christi	Christi
5:30	SPRINT	Sarah N	Sarah N	BJ	BJ	Sarah N
6:00	AB BLAST	Sarah N	Sarah N	BJ	BJ	Sarah N
8:30	BOOTCAMP	Lorri	Lorri	Lorri	Lorri	Lorri
8:30	YOGA SCULPT (MB)	Sabrina	Anne Marie	Sabrina	Anne Marie	Sabrina
9:00	EXTREME SPIN	Alissa	Alissa	Alissa	Alissa	Rachel
9:30	BODYCOMBAT	Lindsay	Dina	Amy F	Dina	Jessica
9:30	YOGA (MB)	Rita	Mary	Allison	Rita	Mary
10:30	LES MILLS CORE	Alissa	Dina	Amy F	Dina	Amy F.
11:00	ZUMBA	Amber	Kathy	Yesika	Amber	Naomi
12:00	LOW IMPACT SCULPT	Suzanne	Rita	Kathy	Suzanne	Kathy
5:45	BODYCOMBAT	Jessica	Lindsay	Fitzgerald	Amy F	Amy F
6:00	SPIN	Jane G	Laura B	Angie	Jeff	Jane G
6:45	BODYPUMP	Rachel Anderson	Rambo	Leslie	Morgan	Rambo
6:45	YOGA (MB)	Jessica R	Callie	Jessica R	Stephanie-Flow	Jessica R
AQUATICS						
9:00	NOODLE BUFF	Lynn	Lynn	Lil	Lil	Ll
WEDNESDAY		3-Nov	10-Nov	17-Nov	24-Nov	
5:30	GRIT	Brandon	Brandon	Brandon	Brandon	
8:30	BODYPUMP	Alissa	Sarah V.	Anna	Amy G	
8:30	SPIN	Michelle C	Michelle C	Michelle C	Jeff	
8:30	ADVANCE YOGA (MB)	Jessica R	Jessica R	Jessica R	Teri	
9:30	BODYJAM	Jesse	Lindsay	Jesse	Lindsay	
9:30	SPRINT	Alissa	Sarah N	Anna	Amy G	
9:30	PILATES (MB)	Lee	Lee	Lee	Lisa D.	
10:30	BOOTCAMP	Toni	Sarah N	Sabrina	Sabrina	
5:30	BODYPUMP	Morgan	Rambo	Lee	No Evening Classes	
6:30	LES MILLS CORE	Morgan	Rambo	Amy F		
6:00	SPIN	Laura B	Sabrina	Laura B		
7:00	ZUMBA	Shelley	Shelley	Shelley		
AQUATICS						
9:00	AQUA FITNESS	Lynn	Christi	Lynn	Christi	
6:15	WATER JOGGING	Sandy	Lynn	Sandy	Sandy	

NOVEMBER 2021
GROUP FITNESS SCHEDULE
SPORTSCLUB FIVE FORKS

THURSDAY		4-Nov	11-Nov	18-Nov	25-Nov
5:15	BOOTCAMP	Angie	Angie	Angie	Special Thanksgiving Morning Classes 8:30 BODY COMBAT with Fitz & Dina 9:00 EXTREME SPIN with Alissa 9:30 BODYPUMP with Sarah N
8:30	BODYCOMBAT	Amy F	Lindsay	Dina	
8:30	YOGA SCULPT (MB)	Anne Marie	Anne Marie	Anne Marie	
8:30	SPIN	Christi	Christi	Christi	
9:30	GRIT	BJ	Toni	Brandon	
9:30	YOGA (MB)	Michelle E	Michelle E	Teri	
10:30	LOW IMPACT SCULPT	Toni	Kathy	Rita	
11:30	ZUMBA	Rachel Anderson	Yesika	Jen H	
4:45	BODYCOMBAT	Jessica	Dina	Amy F	
5:45	GRIT	Justin	Jeremy	Jeremy	Special Black Friday Morning Classes 8:45 SPRINT with Brandon 9:30 BODYPUMP with Brandon 10:00 YOGA with Jessica R.
6:00	SPIN	Laura B	Jane	Laura B	
6:30	BODYPUMP	Lee	Leslie	Katie M	
6:45	PILATES (MB)	Jesse	Jesse	Jesse	
7:45	BODYJAM	Jesse	Jesse	Jesse	
AQUATICS					
9:00	AQUA FITNESS	Allison	Allison	Allison	
FRIDAY		5-Nov	12-Nov	19-Nov	26-Nov
8:30	BODYPUMP	Rachel Anderson	Sarah N.	Els	Special Black Friday Morning Classes 8:45 SPRINT with Brandon 9:30 BODYPUMP with Brandon 10:00 YOGA with Jessica R.
8:30	YIN YOGA (MB)	Jay	Jay	Jay	
8:45	SPRINT	Rachel	Rachel	Sarah N.	
9:30	BODYSTEP	Amy F	Laura B.	Kris	
9:30	PILATES (MB)	Jesse	Jesse	Jesse	
10:30	BODYJAM	Jesse	Jesse	Jesse	
10:30	RESTORATIVE YOGA (MB)	Terri	Rita	Teri	
5:45	BODYPUMP	Rambo	Rambo	Rambo	
AQUATICS					
9:00	AQUA FITNESS	MaryAnn	MaryAnn	MaryAnn	Allison
10:00	POOLATES	MaryAnn	MaryAnn	MaryAnn	NO CLASS
SATURDAY		6-Nov	13-Nov	20-Nov	27-Nov
8:30	BODYCOMBAT	Dina	Fitzgerald	Amy F	Dina
8:30	SPIN	Beth	Sabrina	Jeff	Beth
8:30	ADVANCE YOGA (MB)	Callie	Michelle E	Callie	Mary
9:30	EXTREME SPIN	Laura B	Alissa	Alissa	Alissa
9:30	BODYPUMP	Morgan	Sarah V	Sarah N	Rambo
9:30	PILATES	Jesse	Lee	Jesse	Lee
10:30	BODYJAM	Jesse	Lindsay	Jesse	Jesse
AQUATICS					
9:00	AQUA FITNESS	Sandy	MaryAnn	Lynn	Lil
SUNDAY		7-Nov	14-Nov	21-Nov	28-Nov
9:00	SPIN	CANCELLED	CANCELLED	CANCELLED	CANCELLED
2:00	BODYPUMP	Morgan	Rambo	Suzanne	Alissa
2:15	SPIN	David	Beth	Beth	Jeff
3:15	BODYFLOW (MB)	Rambo	Rambo	Stephanie	Els

VETERAN’S DAY
is November 11.

HOLIDAY CHALLENGE NOV 24-JAN 2

Join the fun and reap the rewards!

Find out why it's a club favorite!

Registration begins November 15!

THANKSGIVING HOURS

WEDNESDAY 11/25
Club Hours: 5am - 8pm
Childcare: Normal Morning Schedule.

THURSDAY 11/26 (THANKSGIVING DAY)
Club Hours: 8am - 1pm
Childcare: Normal Morning Schedule.

FRIDAY 11/27 (BLACK FRIDAY)
Club Hours: 8:00am - Normal Closing Time
Childcare: Normal Morning Schedule