

HONOR
ALL
WHO
SERVED

VETERAN'S DAY
is November 11.

ELECTION DAY
TUESDAY
NOVEMBER 3

HAPPY
THANKS
GIVING

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:
Normal Opening
Time - 1:00pm
Childcare: Normal
Morning Schedule

MONDAY			2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
5:30	SPRINT		Sarah N.	Jeannie	Laura B.	Jeannie	Jeannie
6:00	AB EXPRESS (S2)		Sarah N.	Jeannie	Laura B.	Jeannie	Jeannie
8:30	BODYCOMBAT		Pam	Amy F.	Dina	Fitzgerald	Pam
8:45	SPRINT		Rachel	Amy G.	Jeannie	Alissa	Rachel
9:30	BODYPUMP		Pam	Sarah V.	Jeannie	Alissa	Pam
9:30	YOGA (S2)		Allison	Mary	Allison	Mary	Allison
10:45	Sit & Be Fit (S2)		Sarah G	Sarah G.	Lisa T.	Sarah G.	Sarah G.
4:45	BODYPUMP		Sarah V.	Suzanne	Anna	Suzanne	Sarah N.
5:45	BODYSTEP		Laura B	Laura B.	Cindy	Amy F.	Laura B.
5:45	SPIN		Jane	Amy G	Laura B.	Laura B.	Sarah N.
5:45	Raisedbarre (S2)		Harper	Michelle E.	Brandi	Cindy	Michelle E.
6:45	BODYJAM		Jesse	Jesse	Jesse	Jesse	Jesse
TUESDAY			3-Nov	10-Nov	17-Nov	24-Nov	
5:30	BODYPUMP		Jeannie	Sarah N.	Katie M.	Katie M.	
8:30	SPIN		Christi	Christi	Chriti	Christi	
8:30	BODYFLOW (S2)		Cindy	Joanna	Cindy	Joanna	
9:30	ZUMBA		Brandon	Adriana	Brandon	Amber	
10:15	Raisedbarre (S2)		Michelle C.	Dina	Brandi	Michelle C.	
5:00	PILATES (S2)		Jesse	Jesse	Jesse	Jesse	
5:45	BODYCOMBAT		Fitzgerald	Cindy	Dina	Fitzgerald	
5:45	BODYPUMP (S2)		Katie M.	Jeannie	Sarah V.	Amy G	
7:00	HIP HOP		Nicole T.	Nicole T.	Nicole T.	Nicole T.	
WEDNESDAY			4-Nov	11-Nov	18-Nov	25-Nov	
5:15	SPIN		Christi	Christi	Christi	Christi	
6:00	AB EXPRESS (S2)		Christi	Christi	Christi	Christi	
9:00	BODYCOMBAT		Amy F.	Fitzgerald	Dina	Pam	
9:00	PEDAL & PUMP		Alissa	Christi	Alissa	Anna	
10:00	Low Impact		Toni	Toni	Jenine	Sabrina	
10:30	YOGA (S2)		Katie E	Katie E.	Katie E.	Katie E.	
11:40	SIT & BE FIT (S2)		Lisa D.	Lisa D	Lisa D.	Cancelled Today	
5:30	GRIT		Amy G.	Amy G.	Toni	NO PM CLASSES TONIGHT	
5:45	SPIN		Laura B.	Jeff	Jeff		
6:15	BUTTS & GUTS		Darrell	Darrell	Darrell		
7:00	YOGA (S2)		Jennifer E.	Mary	Jennifer E.		
THURSDAY			5-Nov	12-Nov	19-Nov	26-Nov	
8:30	PILATES (S2)		Jesse	Jesse	Jesse	8:30 BODYCOMBAT FITZGERALD	
8:30	SPRINT		Anna	Anna	Rachel		
9:00	BODYPUMP		Anna	Anna	Sarah V.		
10:00	ZUMBA		Adriana	Yesika	Amber	9:30 BODYPUMP MORGAN	
10:30	BODYFLOW		Joanna	Cindy	Joanna		
4:45	BODYPUMP		Sarah V.	Jeannie	Sarah N.		
5:45	BODYCOMBAT		Cindy	Fitzgerald	Fitzgerald		
5:50	SPRINT		Rachel	Jeannie	Sarah N.		
6:45	ZUMBA		Kevin	Adriana	Kevin		
FRIDAY			6-Nov	13-Nov	20-Nov	27-Nov	
5:30	SPRINT		Laura B.	Katie M.	Laura B.	830 PEDAL & PUMP CHRISTI	
6:00	AB EXPRESS (S2)		Laura B.	Katie M.	Laura B.		
8:30	PEDAL & PUMP		Amy G	Michelle C.	Christi		
9:00	BODYATTACK		Michelle C.	Sarah N.	Dina	9:00 BODYATTACK MICHELLE C.	
10:00	LOW IMPACT		Jenine	Kathy	Toni		
10:00	RAISEDBARRE (S2)		Michelle C.	Sarah N.	Dina		
SATURDAY			7-Nov	14-Nov	21-Nov	28-Nov	
8:30	BUTTS & GUTS		Darrell	Darrell	Darrell	Darrell	
9:00	SPIN		Beth	Jeff	Nicole T.	David	
9:30	BODYCOMBAT		Amy F.	Pam	Dina	Kathleen	
9:30	BODYPUMP (S2)		Katie M	Jeannie	Katie M	Morgan	
10:30	ZUMBA		Adriana	Pearle	Kathy	Kevin	
10:35	ADVANCE YOGA (S2)		Hyejin	Katie E	Jennifer E.	Hyejin	
SUNDAY			1-Nov	8-Nov	15-Nov	22-Nov	29-Nov
9:00	BODYCOMBAT	Pam	Fitzgerald	Fitzgerald	Dina	Fitzgerald	
1:30	ZUMBA	Brandon	Adrian	Shelley	Amber	Kathy	
2:30	SPRINT	Amy G.	Jeannie	Alissa	Anna	Sarah N.	
3:00	AB EXPRESS (S2)	Amy G.	Jeannie	Alissa	Anna	Sarah N.	