

MONDAY		2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
5:15	SPIN	Christi	Christi	Christi	Christi	Christi
5:30	CHISELED	Angie	Angie	Angie	Angie	Angie
8:30	BODYATTACK	Dina	Cofer	Cofer	Dina	Cindy
8:30	SPIN	Angie	Angie	Angie	Angie	Angie
8:30	ADV. YOGA (MB)	Hyejin	Susan	Susan	Susan	Susan
9:30	BODYPUMP	Jeannie	Els	Alissa	Sarah V	Sarah V
9:30	PILATES (MB)	Lee	Lee	Hyejin	Hyejin	Cindy
9:30	SPRINT	Sarah N	Rachel	Sarah N	Anna	Sarah N
10:30	ZUMBA	Adriana	Brandon G	Adriana	Brandon G	Yesika
10:30	YOGA (MB)	Anne Marie	Kathy	Anne Marie	Anne Marie	Laura
5:30	GRIT	Amy G	Toni	Pam	Toni	Amy G
6:00	SPIN	Jeff	Jeff	Jeff	Jeff	Jeff
6:00	PILATES (MB)	Lee	Lee	Joanna	Kris	Kathy
6:45	ZUMBA	Pearl	Shelley	Pearl	Shelley	Shelley
7:00	BODYFLOW	Jeannie	Joanna	Joanna	Kris	Jeannie
8:00	YOGA (MB)	Jennifer E	Jennifer E	Jennifer E	Jennifer E	Jennifer E
AQUATICS						
9:00	AQUA FITNESS	MaryAnn	MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	POOLATES	MaryAnn	MaryAnn	MaryAnn	MaryAnn	MaryAnn
6:15	AQUA FITNESS	Lynn	Sandy	Lynn	Lynn	Lynn
TUESDAY		3-Nov	10-Nov	17-Nov	24-Nov	
5:15	PUMP AND RUN	Christi	Christi	Christi	Christi	
5:30	SPRINT	Sarah N	Jeannie	Amy G	Brandon R	
6:00	AB BLAST	Sarah N	Jeannie	Amy G	Brandon R	
8:30	INTENSE BODY	Lorri	Lorri	Lorri	Lorri	
8:30	YOGA SCULPT (MB)	Anne Marie	Anne Marie	Anne Marie	Anne Marie	
9:00	EXTREME SPIN	Alissa	Alissa	Alissa	Alissa	
9:30	BODYCOMBAT	Fitzgerald	Pam	Amy F	Dina	
9:30	BASIC YOGA (MB)	Katie E	Katie E	Katie E	Katie E	
10:30	CXWORX	Amy F	Pam	Amy F	Dina	
11:00	ZUMBA	Amber	Yesika	Amber	Kathy	
12:00	LOW IMPACT SCULPT	Kathy	Suzanne	Kathy	Suzanne	
4:30	INTENSE BODY	Jane	Laura	Morgan	Laura	
5:45	BODYCOMBAT	Kathleen	Dina	Kathleen	Pam	
5:45	EXTREME SPIN	Laura	Jeff	Laura	Jeff	
6:45	BODYPUMP	Maria	Maria	Jeannie	CANCELLED	
6:45	BASIC YOGA (MB)	Jennifer E	Mary	Jennifer E	Mary	
AQUATICS						
9:00	NOODLE BUFF	Allison	Allison	Allison	Allison	
WEDNESDAY		4-Nov	11-Nov	18-Nov	25-Nov	
5:30	GRIT	Brandon R	Brandon R	Brandon R	Brandon R	
5:30	SPIN	Jane	Sarah N	Jane	Jane	
8:30	BODYPUMP	Suzanne	Pam	Amy G	Alissa	
8:30	SPIN	Laura	Rachel	Laura	Michelle C	
8:30	POWER YOGA	Jay	Anne Marie	Jay	Anne Marie	
9:30	BODYJAM	Jesse	Jesse	Jesse	Jesse	
9:30	SPRINT	Sarah N	Sarah N	Laura	Alissa	
9:30	PILATES W/PROPS (MB)	Lee	Laura	Wenda	Wenda	
10:30	CHISELED	Sarah N	Toni	Laura	Angie	
5:00	SPRINT	Spin/David	Laura	Laura	No Evening Classes - Day before Thanksgiving	
5:30	BODYPUMP	Morgan	Sarah V	Alissa		
6:30	CXWORX	Morgan	Amy F	Amy F		
6:00	SPIN	Maria	Maria	Rachel		
7:00	ZUMBA	Adriana	Pearl	Yesika		
7:00	BODYFLOW (MB)	Joanna	Stephanie	Stephanie		
AQUATICS						
9:00	AQUA FITNESS	Christi	Lynn	Christi	Kara	
6:15	WATER JOGGING	April	April	Sandy	No Class	

THURSDAY			5-Nov	12-Nov	19-Nov	26-Nov
5:15	CIRCUIT 2K		Angie	Angie	Angie	Special Thanksgiving Classes: 8:30 - 10:00 SPIN W/ALISSA 9:30 BODYPUMP W/BRANDON R 9:30 YOGA W/HYEJIN
8:30	BODYCOMBAT		Dina	Pam	Amy F	
8:30	YOGA SCULPT (MB)		Susan	Anne Marie	Susan	
8:30	INTRO TO SPIN		Christi	Christi	Christi	
8:45	SPIN		Christi	Christi	Christi	
9:30	GRIT		Toni	Pam	Amy G	
9:30	YOGA (MB)		Katie E	Anne Marie	Katie E	
10:30	LOW IMPACT SCULPT		Toni	Suzanne	Amy G	
11:30	ZUMBA		Adriania	Kathy	Amber	
4:30	BODYCOMBAT		Amy F	Cindy	Pam	
5:45	GRIT		Amy G	Cindy	Pam	
5:45	INTRO TO SPIN		Jeff	Maria	Laura	
6:00	SPIN		Jeff	Maria	Laura	
6:45	BODYPUMP		Katie M	Morgan	Katie M	
6:45	PILATES (MB)		Jesse	Jesse	Jesse	
7:45	BODYJAM		Jesse	Jesse	Jesse	
AQUATICS						
9:00	AQUA FITNESS		Lil	Lil	Lil	
FRIDAY			6-Nov	13-Nov	20-Nov	27-Nov
8:30	BODYPUMP		Anna	Els	Jeannie	Special Black Friday Classes: 8:30 BODYPUMP W/MORGAN 9:00 AQUA W/LYNN 9:30 YOGA SCULPT W/SABRINA 9:30 YOGA W/MARY
8:30	YIN YANG YOGA (MB)		Susan	Jay	Susan	
8:45	SPRINT		Rachel	Laura	Anna	
9:30	BODYSTEP		Kris	Amy F	Kris	
9:30	RPM SPIN		Anna	Els	Jeannie	
9:30	PILATES (MB)		Jesse	Jesse	Jesse	
10:30	BODYJAM		Jesse	Jesse	Jesse	
10:30	RESTORATIVE YOGA (MB)		Katie E	Anne Marie	Wenda	
5:45	BODYPUMP		Sarah N	Sarah N	Sarah N	
AQUATICS						
9:00	AQUA FITNESS		MaryAnn	MaryAnn	MaryAnn	Lynn
10:00	POOLATES		MaryAnn	MaryAnn	MaryAnn	
SATURDAY			7-Nov	14-Nov	21-Nov	28-Nov
8:30	BODYCOMBAT		Dina	Amy F	Pam	Pam
8:30	SPIN		Jeff	Beth	David	Jeff
8:30	POWER YOGA (MB)		Jennifer E	Anne Marie	Katie E	Wenda
9:30	EXTREME SPIN		David	Alissa	Alissa	Alissa
9:30	BODYPUMP		Sarah V	Sarah N	Suzanne	Sarah N
9:30	PILATES		Lee	Jesse	Wenda	Wenda
10:30	BODYJAM		Jesse	Jesse	Jesse	Jesse
10:30	YOGA SCULPT (MB)		Anne Marie	Sabrina	Sabrina	Allison
AQUATICS						
9:00	AQUA FITNESS		Lisa	Lynn	April	Allison
SUNDAY		1-Nov	8-Nov	15-Nov	22-Nov	29-Nov
9:00	SPIN	David	Beth	Jeff	David	David
2:00	BODYPUMP	Els	Suzanne	Jeannie	Morgan	Jason
2:15	SPIN	Jeff	Jeff	Beth	Jeff	Beth
3:15	BODYFLOW (MB)	Cindy	Stephanie	Stephanie	Kris	Cindy

7:45
BODYJAM
RETURNS!

TIME
CHANGE

BODYJAM®
goes back
to 10:30
start time



VETERAN'S DAY
is November 11.

ELECTION DAY
TUESDAY NOVEMBER 3



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