

TIME
CHANGE

8:30
SPIN
is now
8:30
SPRINT

NEW
CLASS

MONDAY		2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
5:30	SPRINT	Amy S	Amy S	Amy S	Amy S	Amy S
6:00	INTENSE BODY	Jane G	Sarah N	Jane G	Sarah N	Jane G
7:30	RAISEDBARRE (S2)	Amy F	Dina	Ben	Cindy	Ben
8:30	BODYCOMBAT	Fitzgerald	Dina	Amy F	Cindy	Amy F.
8:30	YOGA (S2)	Katie E	Katie E	Katie E	Katie E	Wenda
8:45	SPRINT	Amy G	Laura B	Rachel	Laura B	Amy G
9:30	PILATES (S2)	Kathy	Wenda	Wenda	Wenda	Wenda
9:30	GRIT	Toni	Anna	Amy G	Amy G	Toni
10:30	LOW IMPACT SCULPT	Amy G	Laura B	Amy G	Laura B	Kathy
10:40	SIT & BE FIT (S2)	Michele A	Michele A	Michele A	Michele A	Michele A
12:15	YOGA (S2)	Tyler P	Tyler P	Tyler P	Tyler P	Tyler P
5:00	GRIT	Brandon R	Pam	Toni	Anna	Cindy
5:00	SPRINT	Anna	Rachel	Brandon R	Brandon R	Alissa
5:45	BODYCOMBAT	Kathleen	Pam	Kathleen	Fitzgerald	Kathleen
5:45	RAISEDBARRE (S2)	Michelle E.	Sarah N	Michelle E	Brandi	Harper
5:45	SPIN	Jason	Alissa	Alissa	Sarah N	Rachel
6:45	BODYPUMP	Jason	Katie M	Jason	Katie M	Brandon R
6:45	POWER YOGA (S2)	JoLynn	JoLynn	JoLynn	JoLynn	JoLynn
AQUATICS						
9:00	AQUA FITNESS	Beverly	Beverly	Beverly	Beverly	Beverly
10:15	FLUID MOTION	Lil	Lil	Lil	Lil	Lil
5:45	AQUA FITNESS	Maria	Maria	Maria	Maria	Maria
TUESDAY		3-Nov	10-Nov	17-Nov	24-Nov	
5:30	YOGA SCULPT (S2)	Jennifer L	Jennifer L	Jennifer L	Jennifer L	
6:00	SPIN	Nick	Nick	Nick	Jane G	
8:30	BODYSTEP	Kris	Kris	Amy F	Amy F	
8:30	RAISEDBARRE (S2)	Michelle E	Susan M	Suan M	Susan M	
8:30	RPM SPIN	Jeannie	Amy G	Anna	Els	
9:30	BODYPUMP	Els	Suzanne	Els	Suzanne	
9:30	BODYFLOW (S2)	Kris	Kris	Joanna	Brandi	
11:00	THERAPEUTIC YOGA	Michele A	Michele A	Michele A	Michele A	
12:15	RAISEDBARRE (S2)	Michelle E	Michelle E	Michelle E	Michelle E	
4:30	BODYPUMP	Amy G	Jason	Pam	Jason	
5:30	CXWORK	Morgan	Jason	Sarah N	Jason	
5:45	SPIN	Ben	Ben	Ben	Ben	
6:00	BODYATTACK	Morgan	Morgan	Sarah N	Sarah N	
6:00	RAISEDBARRE (S2)	Harper	Stephanie	Brandi	Stephanie	
7:00	ZUMBA 🤪	Adriana	Adriana	Kathy	Kathy	
AQUATICS						
9:00	AQUA FITNESS	Beverly	Nancy	Lil	Nancy	
5:45	AQUA FITNESS	Lynn	Lynn	Lynn	No Class	
WEDNESDAY		4-Nov	11-Nov	18-Nov	25-Nov	
5:30	PEDAL & PUMP	Jeannie	Sabrina	Jeannie	Sabrina	
7:30	RAISEDBARRE (S2)	Ben	Amy F	Cindy	Ben	
8:30	GRIT	Anna	Amy G	Toni	Cindy	
8:30	YOGA (S2)	Hyejin	Hyejin	Hyejin	Hyejin	
9:00	SPRINT	Amy G	Alissa	Rachel	Sarah N	
9:30	BODYPUMP	Amy G	Alissa	Sarah N	Morgan	
9:30	PILATES (S2)	Cindy	Cindy	Cindy	Cindy	
10:30	LOW IMPACT SCULPT	Suzanne	Suzanne	Suzanne	Suzanne	
10:30	RAISEDBARRE (S2)	Michelle C	Michelle C	Michelle C	Michelle C	
					No Evening Classes - Day before Thanksgiving	
4:45	BODYCOMBAT	Pam	Fitzgerald	Pam		
5:00	SPRINT	Rachel	Brandon R	Amy G		
5:45	CXWORK	Sarah N	Cindy	Morgan		
5:45	SPIN	Rachel	Jason	Maria		
5:45	POWER YOGA (S2)	JoLynn	JoLynn	JoLynn		
6:15	BODYPUMP	Sarah N	Katie M	Morgan		
AQUATICS						
9:00	AQUA FITNESS	Allison	Allison	Allison	Allison	
10:15	FLUID MOTION	Michele A	Michele A	Michele A	Michele A	

THURSDAY			5-Nov	12-Nov	19-Nov	26-Nov
5:30	YOGA SCULPT (S2)		Sabrina	Sabrina	Sabrina	Special Thanksgiving Classes: 8:30 - 10:30 HYBRID CLASS w/Sarah & Cindy COMBAT•ATTACK PUMP•CX 8:30 SPIN w/Sabrina 9:30 YOGA SCULPT w/Sabrina
5:30	SPIN		Christi	Christi	Christi	
6:30	CXWORX		Christi	Christi	Christi	
8:30	BODYPUMP		Pam	Cindy	Sarah N	
8:30	RAISEDBARRE (S2)		Brandi	Amy F	Brandi	
8:30	RPM SPIN		Els	Els	Cindy	
9:30	CXWORX		Pam	Rachel	Sarah N	
9:30	BODYFLOW (S2)		Cindy	Joanna	Cindy	
10:00	ZUMBA		Adriana	Adriana	Kathy	
12:15	RAISEDBARRE (S2)		Michelle E	Michelle E	Michelle E	
4:30	BODYPUMP		Anna	Amy G	Jason	Special Black Friday Classes: 8:30-10:30 HYBRID CLASS w/Cindy COMBAT•STEP GRIT•BODYFLOW 9:00 SPRINT w/Brandon
5:30	GRIT		Brandon R	Amy G	Brandon R	
5:30	RAISEDBARRE (S2)		Stephanie	Michelle E	Stephanie	
5:45	SPIN		Ben	Ben	Ben	
6:00	BODYSTEP		Kris	Laura B	Kris	
7:00	ZUMBA		Yesika	Yeskia	Yesika	
AQUATICS						
9:00	AQUA FITNESS		Lynn	Lynn	Lynn	
5:45	AQUA FITNESS		Maria	Maria	Maria	
FRIDAY			6-Nov	13-Nov	20-Nov	27-Nov
5:30	GRIT		Brandon R	Brandon R	Brandon R	Special Black Friday Classes: 8:30-10:30 HYBRID CLASS w/Cindy COMBAT•STEP GRIT•BODYFLOW 9:00 SPRINT w/Brandon
6:00	INTENSE BODY		Sarah N	Sarah N	Sarah N	
7:30	RAISEDBARRE (S2)		Dina	Ben	Michelle E	
8:30	BODYCOMBAT		Dina	Pam	Kathleen	
8:30	SPIN		Jeannie	Alissa	Alissa	
9:30	ZUMBA		Amber	Amber	Amber	
9:30	YOGA (S2)		Wenda	Mary	JoLynn	
9:45	SPRINT		Jeannie	Rachel	Amy G	
10:30	LOW IMPACT		Kathy	Amy G	Kathy	
12:15	Gentle YOGA (S2)		Kathy	Kathy	Allison	
AQUATICS						
9:00	AQUA FITNESS		Beverly	Beverly	Beverly	
10:15	FLUID MOTION		Lynn	Lynn	Lynn	
SATURDAY			7-Nov	14-Nov	21-Nov	28-Nov
7:30	BODYPUMP		Jason	Morgan	Amy G	Jason
8:30	BODYSTEP		Laura B	Cindy	Kris	Cindy
8:30	RAISEDBARRE (S2)		Michelle E	Michelle C	Stephanie	Harper
8:30	SPIN		Nick	Nick	Nick	Jeff
9:30	BODYATTACK		Sarah N	Michelle C	Sarah N	Michelle C
9:30	RPM SPIN		Els	Maria	Jeannie	SPIN; Jeff
9:30	PILATES (S2)		Michelle E	Kathy	Michelle E	Cindy
10:30	BODYCOMBAT		Kathleen	Cindy	Pam	Fitzgerald
10:30	ADV. YOGA (S2)		Mary	Jennifer E	Hyejin	Claire
AQUATICS						
9:00	AQUA FITNESS		Lil	Lynn	Maria	Lil
SUNDAY			1-Nov	8-Nov	15-Nov	22-Nov
1:30	BODYSTEP	Laura B	Amy F	Laura B	Kris	Amy F
1:30	BODYFLOW (S2)	Cindy	Stephanie	Cindy	Stephanie	Cindy
1:30	RPM SPIN	Maria	Anna	Els	Jeannie	Spin/Pam
2:30	BODYPUMP	Morgan	Anna	Katie M	Sarah N	Pam
3:30	RAISEDBARRE (S2)	Harper	Sarah N	Cindy	Sarah N	Amy F



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