

# November—2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO ONE</b>						
BodyPump Lynna 5:30-6:30am	Triple Threat Training John 5:30-6:30am		Triple Threat Training Mark 5:30-6:30am	Straight Up Strength Jo-Ann 5:30-6:30am		
BodyPump Karol 8:30-9:30am	Straight Up Strength Brenda 8:30-9:30am	BodyPump Exp Lynna 8:30-9:00am	Straight Up Strength Kim H. 8:30-9:30am	BodyPump Karen 8:30-9:30am	BodyPump Karol 8:30-9:30am	
	BodyPump Exp Lisa 9:30-10:00am	CXWORX Lynna 9:00-9:30am				
Total Toning Corrie 9:45-10:45am	CXWORX Lisa 10:00-10:30am		Dance Fit Basics Kim K. 10:00-10:45	HIIT Brenda 9:45-10:45am	Zumba Fusion Stacy 9:45-10:45am	
Dance Fusion Kim K. 11:00-11:45am		Dance & Tone Renata 11:00-11:45am	Fit Barre Stacy 11:00-11:45	Dance Fusion Kim K. 11:00-11:45am		Dance Fusion Renata 2:00-3:00pm
BODYFIT Circuit Training Kelly 5:00-6:00pm	BodyPump Karol 5:30-6:30pm	HIIT Brenda 5:30-6:30pm	BodyPump Karol 5:30-6:30pm			
<b>STUDIO TWO</b>						
Pilates with Props Cathy 9:00-10:00am	Yoga/Pilates Fusion Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am		
Yoga Cathy 10:00-11:00am	Yoga Back Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga/Pilates Fusion Helen 10:00-11:00am	
	ABS with Kelly 5:15-5:30pm					
Yoga Helen 6:00-7:00pm	Yoga/Pilates Fusion Kelly 5:45-6:45pm		Power Pilates Corrie 5:45-6:45pm			
<b>OPEN STUDIO</b>						
Cardio & Core Brenda 8:30-9:30am	Body Vive JoAnn 9:00-10:00am	Interval Training Kim H. 8:30-9:30am	Body Vive JoAnn 9:00-10:00am			
SAIL Kim K. 10:15-11:00am	Gentle Core & Tone Kim K. 10:15-11:00am	SAIL Cathy 10:15-11:00am		SAIL Jo-Ann 10:15-11:00am		
C.A.R.E. Cathy 11:15-12:15pm		C.A.R.E. Cathy 11:15-12:15pm				
		ABS with Brenda 5:15-5:30pm				
	Hoop Class Ann 6:00-7:00pm		Hoop Class Ann 6:00-7:00pm			

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## SPINNING

		Spinning Kelly 5:30-6:30am				
	Spinning Kim H. 8:30-9:30am		Spinning Karen 8:30-9:15am			
Spinning Kim H. 9:30-10:15am		Spinning Karen 9:30-10:15am		Spinning Kim H. 9:30-10:30am	Spinning Ray 8:30-9:15am	
	Spinning Kelly 4:30-5:15pm		Spinning Karol 4:30-5:15pm			Spinning Rotating Instr. 2:00-2:45pm
Spinning Karen 5:30pm						

## GYMNASIUM - Court A

TRX Lisa 8:30-9:15am	Power Hour Ashley 8:30-9:30am	TRX Lisa 8:30-9:15	Power Hour Ashley 8:30-9:30am			
	Power Hour Ashley 9:45-10:45am		Power Hour Ashley 9:45-10:45am		Circuit Training Rotating Instr. 9:45-10:45am	
Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 1:30-6:00pm		

## AQUATICS

In TOO Deep Renata 7:30-8:00am				In TOO Deep Jo-Ann 7:30-8:00am		
Water Aerobics Renata 8:00-8:45am	Aqua Challenge Lisa 8:00-8:45am	Water Aerobics Renata 8:00-8:45am	Water Aerobics Renata 8:00-8:45am	Water Aerobics Jo-Ann 8:00-8:45am		
					Water Aerobics Johnice 8:30-9:15am	
Gentle Aqua Renata 9:00-9:45am	Gentle Aqua Kim K. 9:00-9:45am	Gentle Aqua Renata 9:00-9:45am	Gentle Aqua Renata 9:00-9:45am			
	Aqua Restore JoAnn 12:00-12:45pm		Aqua Restore JoAnn 12:00-12:45pm			
Water Aerobics Renata 5:45-6:30pm	Aqua Dance Renata 5:45-6:30pm		Aqua Challenge Johnice 5:45-6:30pm			