##

**GROUP FITNESS SCHEDULE**

**November 2015**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **1** | **2** **Insanity @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **3****Cardio Power @ 9am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **4****PiYo @ 5:30am****P90X @ 4:30pm** | **5****ZUMBA @ 6:30pm** | **6****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **7****P90X @ 8am****Yoga @ 9am** |
| **8** | **9** **Insanity @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **10****P90X @ 5:15am Cardio Power @ 9am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **11****PiYo @ 5:30am****P90X @ 4:30pm** | **12** **P90X @ 5:15am****ZUMBA @ 6:30pm** | **13****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **14****P90X @ 8am****Yoga @ 9am** |
| **15** | **16****Insanity @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **17****P90X @ 5:15am Cardio Power @ 9am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **18****PiYo @ 5:30am****P90X @ 4:30pm** | **19****P90X @ 5:15am****ZUMBA @ 6:30pm** | **20****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **21****P90X @ 8am****Yoga @ 9am** |
| **22** | **23****Insanity @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **24****P90X @ 5:15am****Cardio Power @ 9am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **25****P90X @ 4:30pm** | **26** **Y CLOSED –THANKSGIVING DAY** | **27****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **28****P90X @ 8am****Yoga @ 9am** |
| **29** | **30****Insanity @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** |  | **INSTRUCTORS** **GWEN – ZUMBA/yoga SARA - yoga** **JACKIE – Insanity/PiYo/Cardio Power**  **KATHY – ZUMBA - Jungle Gym Class****Karinsa – P90X**  | **\*\*Jungle Gym will return in December!\*\*** |  |  |

All classes are ***FREE***

 to members

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$5 for non-members

Child Watch is available M-Th. 5:30pm-7:45pm for 6mth-9yr olds.
**FREE** for members
$5/child for non-members