## 

**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