

November

Fitness Group Exercise Class Schedule

					1 Super Sweat 10 a.m.- 11 a.m. Tai Ji Quan 12 p.m.- 2 p.m. (Full)	2 Zumba 9 a.m.- 10- a.m.
3	4 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	5 Fit For Life open gym Tai Ji Quan 12 p.m.- 2 p.m. (Full) Yoga (Fitness members only) 3:15p.m.- 4 p.m. Powerbarz 5:30 p.m.- 6:30 p.m.	6 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	7 Fit For Life open gym Yoga (Fitness members only) 3:15-4 p.m.3:15p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	8 Super Sweat 10 a.m.- 11 a.m. Tai Ji Quan 12 p.m.- 2 p.m. (Full)	9 Zumba 9 a.m.- 10- a.m.
10	11 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	12 Fit For Life 9-10 a.m. (R) Tai Ji Quan 12 p.m.- 2 p.m. (Full) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. War 5:30 p.m.- 6:30 p.m.	13 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	14 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	15 Super Sweat 10 a.m.- 11 a.m. Tai Ji Quan 12 p.m.- 2 p.m. (Full)	16 Zumba 9 a.m.- 10- a.m.
17	18 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	19 Fit For Life 9-10 a.m. (R) Tai Ji Quan 12 p.m.- 2 p.m. (Full) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Powerbarz 5:30 p.m.- 6:30 p.m.	20 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	21 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	22 Super Sweat 10 a.m.- 11 a.m. Tai Ji Quan 12 p.m.- 2 p.m. (Full)	23 Zumba 9 a.m.- 10- a.m.
24	25 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	26 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. War 5:30 p.m.- 6:30 p.m.	27 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m.	28 Closed	29 Total Body Conditioning 10 a.m.- 11 a.m.	30 Total Body Conditioning 9 a.m.-10 a.m.