NOVEMBER 8TH - DECEMBER 19TH

SCHEDULE Class

Purple: Community Room
Red: Spin Room
Blue: Pool Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM NOON	6am Spin w/ Paul 8 am Yoga w/ Erin 9am Zumba GOLD w/ Becky 10am Functional Fitness w/ Cathy	8am ZUMBA w/ Emily	6am Spin w/ Tim 8am Yoga w/ Erin 9am Take a walk w/Becky in Gym 10am Functional Fitness w/ Lisa	8am ZUMBA w/ Emily 9am Pilates w/ Elaine	6am Spin w/ Michelle 8am Pilates w/ Elaine 9am Take a Walk w/ Lisa	8am Spin Alternating Instructor 9am Dance Fitness w/ Cari	
PM	5:30-6:10 Barre Fusion w/ Meagan 6:30 pm Dance Fitness w/ Cari 6:30 pm Spin w/ Tim Ward		6:30pm Dance Fitness w/ Cari 6pm Spin w/ Lisa	6pm Pilates w/ Jacey			