

# November Schedule

MONDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:45-6:45 <b>BODYPUMP</b> VAL B.	5:45-6:35 CYCLE BILL	
	<b>New!</b> 9:30-10:30 CHAIR YOGA & BALANCE CHRISSEY	8:30-9:15 <b>BODYVIVE</b> SARAH	7:30-8:15 CYCLE BLAIR	9:00-10:00 PHYSICAL THERAPY
9:30-10:30 PILATES SHARON	10:45-11:45 FELDENKRAIS JACKLYN	9:30-10:35 <b>BODYPUMP</b> LISA D.	9:30-10:20 CYCLE COLLEEN	9:00-10:00** AQUA FIT CHRISTINA
10:30-11:00 STRETCH IT TOM		10:35-11:35 CARDIO KICKBOX SHARON	10:00-10:45 AQUA SCULPT MARK	
11:00-12:00 HIP HOP DERRICK		12:00-12:55 STEP INTERVAL LAURA C.	10:45-11:30 AQUA SCULPT MARK	
12:00-12:50 SENIOR CORE/DRUMS ALIVE MARK	12:00-1:00 TONING at the BARRE CHRISSEY	<b>New!</b>	11:30-12:30 AQUA YOGA MARZENA	
4:00-5:00 LINE DANCE DEBBIE	4:15-5:30 GENTLE YOGA MARZENA		1:00-2:00 PHYSICAL THERAPY	
5:10-6:00 Hi-Lo Retro MARK	5:30-6:30 PILATES MAT JACKIE S.		2:00-3:00 PHYSICAL THERAPY	
6:00-7:00 <b>BODYSTEP</b> DEL		5:00-6:00 <b>BODYCOMBAT</b>	6:00-6:50 CYCLE SHAUN	5:00-6:35 GROUP SWIM LESSONS
7:00-7:30 ZUMBA BARBARA		6:00-6:45 <b>BODYPUMP</b> SARAH	5:30-6:30** Junior Hammerheads	
7:30-8:00 ZUMBA TONING BARBARA	7:00-8:15 HATHA VINYASA JOE	6:45-7:30 <b>BODYPUMP</b> SARAH	6:30-7:30** SWIM TEAM	

  

WEDNESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
7:00-7:45 WillPower Method® MARYANN		5:45-6:45 <b>BODYPUMP</b> RENEE	5:45-6:35 CYCLE COLLEEN	
<b>New!</b> 7:30-8:30 GENTLE YOGA CHRISSEY		8:45-9:30 <b>BODYPUMP</b> LISA	7:30-8:20 CYCLE MARGARET	9:00-10:00** CARDIO CROSS LIZ
8:30-9:30 csc HELEN		9:45-10:30 BOOT CAMP RYAN	9:30-10:20 CYCLE MARGARET	10:00-11:00 KAREN
9:30-10:30 <b>BODYCOMBAT</b> CHRISTINA S.	9:30-10:30 TONING on the BARRE LESLIE	10:30-11:30 LaBlast/ HOUSE PARTY FITNESS KELLY/STAFF	11:00-11:45** AQUA ZUMBA JACKIE S.	
10:30-11:15 ZUMBA GOLD STEPHANIE	10:30-11:45 POWER YOGA DEL			
12:10-12:55 STEP360 LAURA C.	11:45-1:00 GENTLE YOGA KATHLEEN	12:05-1:05 <b>BODYPUMP</b> SARAH	1:00-2:00 PHYSICAL THERAPY	
<b>New!</b> 4:30-5:30 MAT PILATES KIRSTEN	5:00-6:00 HI-Lo Retro KAREN		4:30-5:20 CYCLE LISA V.	4:30-6:30 GROUP SWIM LESSONS
5:30-6:30 <b>BODYJAM</b> JACKIE/SHARON	6:00-7:00 STEP360 Mark S.	5:30-6:30 BOOT CAMP RYAN	6:00-7:00 CYCLE KIRSTEN	
6:30-7:30 ZUMBA VIN		6:30-7:30 <b>BODYPUMP</b> TONY	<b>New!</b>	7:00-8:00 AQUA SCULPT LINDA B.
7:30-8:30 HIP HOP Derrick	7:30-8:30 YIN YOGA JOE			

  

FRIDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45-6:45 SLOW FLOW POWER YOGA KIRSTEN	5:45-6:45 <b>BODYPUMP</b> RENEE	5:45-6:35 CYCLE PHIL	
	8:00-9:00 HATHA YOGA DEL			
9:15-10:15 <b>BODYCOMBAT</b> CHRISTINA/DEL		9:00-10:00 ULTIMATE FITNESS EVE	9:30-10:20 CYCLE LAURA	9:00-10:00** CARDIO CONDITIONING DANIELLE
10:30-11:30 ZUMBA LAURA C.	9:15-10:30 GENTLE YOGA JOE	10:15-11:15 <b>BODYPUMP</b> MARGARET	10:00-11:00 AQUA SCULPT MARK	
	10:30-11:30 Toning @the Barre LESLIE	10:15-11:15 <b>BODYVIVE</b> CHRISTINA		
12:10-1:00 FAT BURNER FRIDAY LAURA C.	11:30-12:30 FLOW & RESTORE YOGA CHRISSEY	<b>New!</b>		1:00-2:00 PHYSICAL THERAPY
				2:00-3:00 PHYSICAL THERAPY
6:00-7:00 ZUMBA LYNDA			5:30-6:20 CYCLE MARK/SHAUN	<b>New!</b>
		6:15-7:15 ULTIMATE FITNESS PENNY		6:00-8:00 Swim Team

TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45-6:45 SLOW FLOW POWER YOGA KIRSTEN	6:00-6:30 <b>GRIT SERIES</b> SARAH		
7:15-8:00 PILATES MAT JACKLYN		9:00-9:30 BELLY DANCE/SHADES OF DANCE VIN/BARBARA	7:30-8:20 CYCLE PHIL	9:00-10:00 PHYSICAL THERAPY
8:30-9:00 CARDIO EXPRESS HELEN	9:30-10:30 TONING at the BARRE CHRISSEY	9:30-10:30 GENTLE YOGA VIN/BARBARA	9:30-10:20 CYCLE MARGARET	9:30-10:30** CARDIO CONDITIONING DANIELLE
9:00-9:30 SCULPT EXPRESS HELEN	10:30-11:30 GENTLE YOGA CHRISSEY			
9:30-10:30 SLOW FLOW POWER YOGA VICTORIA	<b>New!</b> 10:30-11:30 STRAIGHT-UP STRENGTH SHARON			
10:30-11:30 GENTLE PILATES BONNIE	11:45-12:45 TAI CHI LEE			11:00-12:00 AQUA SCULPT KATRINE
12:00-1:00 SENIOR CORE BAL ANNA	12:45-1:15 ADVANCED TAI CHI LEE	12:10-12:55 COREBAR LAURA C.		12:00-1:00 AQUA ARTHRITIS KATRINE
4:30-5:25 ZUMBA JENNA	1:30-2:30 GENTLE YOGA JOHN	4:30-5:30 <b>BODYPUMP</b> VAL		4:45-6:15 GROUP SWIM LESSONS
5:25-6:00 <b>GRIT SERIES</b> LAURIE	5:35-6:30 TONING at the BARRE LESLIE	5:30-6:30 BOXING JINKEI	5:30-6:20 CYCLE MARK	
6:05-7:05 GET ACTIVE KAREN	6:30-7:00 STRETCH IT LAURIE	6:30-7:30 ZUMBA MARIBEL		5:30-6:30*** Junior Hammerheads
7:05-8:05 <b>BODYCOMBAT</b> PETER	7:00-8:00 VINYASA YOGA DONNA			6:30-7:30*** SWIM TEAM
	8:00-9:00 GENTLE YOGA JOE			

  

THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		6:00-6:30 <b>GRIT SERIES</b> SARAH		
		8:30-9:00 MOVE IT HELEN	7:30-8:20 CYCLE ANNA	
	8:30-9:30 TONING at the BARRE CHARLENA	9:00-9:30 BUILD IT/ STRETCH IT HELEN		9:00-10:00 PHYSICAL THERAPY
	9:30-10:45 GENTLE YOGA VICTORIA	9:30-10:00 SHADES OF DANCE BARBARA	9:30-10:20 CYCLE LAURA S.	9:00-9:45*** AQUA ZUMBA CHERYL
11:00-12:00 SENIOR CORE BAL ANNA	11:00-12:00 GENTLE PILATES JACKLYN	10:00-10:30 ZUMBA TONING BARBARA		10:00-11:00 AQUA SCULPT KATRINE
12:10-12:55 BARRE-LESS LAURA C.	<b>New!</b> 10:30-11:30 <b>BODYPUMP</b> MARGARET			12:00-1:00 AQUA ARTHRITIS ADDIE
5:00-5:50 FUN ON THE BALL KAREN	1:30-2:30 GENTLE YOGA ANDREA	12:00-12:45 ZUMBA GOLD STEPHANIE		1:00-2:00 AI CHI ADDIE
6:00-6:45 DRUMS ALIVE KAREN	4:00-5:00 GENTLE YOGA CHRISSEY	4:30-5:30 ULTIMATE FITNESS MARK		4:45-6:15 GROUP SWIM LESSONS
6:45-7:30 ATHLETIC BODYSTEP™ PETER		5:30-6:30 <b>BODYCOMBAT</b> PETER	5:45-6:35 CYCLE BLAIR	5:30-6:30*** Junior Hammerheads
		6:30-7:30 BOXING PENNY		6:30-7:30*** SWIM TEAM
7:30-8:30 TAI CHI RUSSELL	7:00-8:15 HATHA YOGA JOE	7:30-8:30 ZUMBA JENNA		7:00-8:00 AQUA SCULPT MARK

  

SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
8:00-9:00 <b>BODYVIVE</b> SHARON/SARAH	<b>New!</b>	8:00-9:00 <b>BODYSTEP</b> RENEE	7:30-8:20 CYCLE BLAIR	9:00-10:00*** 1st Saturday of Month Cardio Conditioning KAREN
9:00-10:00 <b>BODYJAM</b> RENEE	8:30-9:45 YIN YOGA JOE	9:05-10:05 <b>BODYCOMBAT</b> PETER	9:00-9:50 CYCLE SHAUN	9:00-10:00** KAREN
10:00-11:00 ULTIMATE FITNESS STAFF	10:00-11:15 GENTLE YOGA JOE	10:15-11:15 <b>BODYPUMP</b> SARAH	10:15-11:00 YOUR 1ST RIDE SHAUN	10:00-11:00 AQUA SCULPT KAREN
	11:25-12:25 SLOW FLOW POWER YOGA KIRSTEN	11:30-12:30 TAI CHI ALIYA	11:00-12:00 FELDENKRAIS JACKLYN	10:00-11:00*** SWIM TEAM
12:30-1:30 BALLROOM DEL		12:30-1:15 ADVANCED TAI CHI ALIYA		11:00-12:00 PARENT 'n ME pre-registration

  

SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		7:30-8:30 <b>BODYPUMP</b> RENEE/ARTURO		
8:30-9:30 <b>BODYJAM</b> ARTURO/SARAH	8:30-9:45 VINYASA YOGA HELEN/CHRISSEY	8:30-9:00 <b>GRIT SERIES</b> LAURIE	8:00-8:50 CYCLE MARK/STAFF	10:00-11:15 AQUA SCULPT LINDA/AMY
	9:30-10:30 BELLY DANCING VIN	9:45-10:45 RESTORATIVE YOGA CHRISSEY		9:30-10:30 GROUP SWIM LESSONS
10:30-11:30 ZUMBA VIN	10:45-12:00 GENTLE YOGA SAMANTHA		9:00-9:50 CYCLE DON	11:00-11:40 GROUP SWIM LESSONS
11:30-12:30 GET ACTIVE KAREN		10:15-11:15 <b>BODYPUMP</b> ARTURO/LISA		11:45-12:30 GROUP SWIM ** Lap Pool

\*\*\* Lap Pool