Fit for Life 24 Group Fitness November 2017

NEW BODYPUMP time on Monday – 9:30-10:30am. NEW Cycling Thursday 6:30pm & Friday 9:30am.
NEW CLASSES STARTING SECOND FULL WEEK IN NOVEMBER – ABS, FLOOR, CORE & MORE – Mondays & Wednesdays 8:30am, Total Body Conditioning Thursdays 5:30am, SENIOR FIT EDM Mondays at 10:30am, Intro to Semi-Private Training, Fridays 8:30am. NEW Class Descriptions are on the second page!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5:30-6:30am						
8:30-9:30am						BODYPUMP Lisa
9:30-10:30am			BODYPUMP Morgan	BODYJAM Morgan	CYCLING Garrett ZUMBA Natalia	BODYCOMBAT Lisa
10:30-11:30am				SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Chanel
11:30am-12:30pm						
5:30-6:30pm			BODYCOMBAT Morgan	BODYPUMP Ashley		
6:30-7:30pm			CYCLING Rhonda BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm			YOGA Katie	HIP HOP Stephanie		
	6	7	8	9	10	11
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Danny				BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Rhonda	BODYPUMP Morgan	BODYJAM Morgan	CYCLING Garrett ZUMBA Natalia	BODYCOMBAT Lisa
10:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie
11:30am-12:30pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Danny	BODYCOMBAT Morgan	BODYPUMP Ashley		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	CYCLING Rhonda BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm	BODYPUMP Yoshika	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	13	14	15	16	17	18
5:30-6:30am		BODYPUMP Yoshika		Total Body Conditioning Julia		
8:30-9:30am	ABS, FLOOR, CORE & MORE Kristen	ZUMBA Danny	ABS, FLOOR, CORE & MORE Kristen		Intro to SPT Julia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Lisa CYCLING Rhonda	BODYPUMP Kelly	BODYJAM **NO CLASS**	CYCLING Garrett ZUMBA Natalia	BODYCOMBAT Lisa
10:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Chanel
11:30am-12:30pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Heather	BODYPUMP Danny	BODYCOMBAT Ashley	BODYPUMP Ashley		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	CYCLING Rhonda BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm	BODYPUMP Kelly	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		

	20	21	22	23	24	25
5:30-6:30am		BODYPUMP Lisa		NO CLASSES Happy Thanksgiving!	NO CLASSES Happy Thanksgiving!	
8:30-9:30am	ABS, FLOOR, CORE & MORE Kristen	ZUMBA Danny	ABS, FLOOR, CORE & MORE Kristen			BODYPUMP Ashley
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Rhonda	BODYPUMP Morgan			BODYCOMBAT NO CLASS
10:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol				ZUMBA Stephanie
11:30am-12:30pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Danny	BODYCOMBAT Ashley			
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	CYCLING Rhonda BODYJAM NO CLASS			
7:30-8:30pm	BODYPUMP Yoshika	HIP HOP Stephanie	YOGA NO CLASS			
	27	28	29	30		
5:30-6:30am		BODYPUMP Yoshika		Total Body Conditioning Julia		
8:30-9:30am	ABS, FLOOR, CORE & MORE Kristen	ZUMBA Danny	ABS, FLOOR, CORE & MORE Kristen			
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Rhonda	BODYPUMP Morgan	BODYJAM Morgan		
10:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol		SENIOR FIT Kelly		
11:30am-12:30pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Danny	BODYCOMBAT Morgan	BODYPUMP Ashley		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	CYCLING Rhonda BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm	BODYPUMP Kelly	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		

TOTAL BODY CONDITIONING: Get a "head to toe" workout in a freestyle format class. Total Body Conditioning incorporates high-repetition movements, weights, and cardio aspects. It delivers all-around benefits through these exercises that you can do at your own level.

SPT – Introduction to Semi-Private Training: Get the lowdown and a sample of what our personal trainers have to offer with small group training.

ABS, FLOOR, CORE & MORE: This core class is an easy-to-follow workout that focuses on those areas that we would like to be flattened, tucked and lifted!