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| Fit for Life 24 Group Fitness NOVEMBER 2018 | | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | |
|  | 1 | 2 | 3 | 1 | 2 | 3 | |
| 5:30-6:30am |  |  |  |  |  |  | |
| 8:30-9:30am |  |  |  |  | ZUMBA Chanel | BODYPUMP Lisa | |
| 9:30-10:30am |  |  |  | BODYJAM\*POSTPONED\*  SMARTFIT BOOTCAMP | CYCLING Garrett  SMARTFIT HIIT LB | BODYCOMBAT Lisa  SMARTFIT HIIT TB | |
| 10:30-11:30am |  |  |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie | |
| 5:30-6:30pm |  |  |  | BODYPUMP Kelly  SMARTFIT BOOTCAMP |  |  | |
| 6:00-6:30pm |  |  |  |  |  |  | |
| 6:30-7:30pm |  |  |  | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT TB |  |  | |
| 7:30-8:30pm |  |  |  | HIP HOP Stephanie |  |  | |
|  | 5 | 6 | 7 | 8 | 9 | 10 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  | |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | **ZUMBA NO CLASS** | BODYPUMP Christy | |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT BOOTCAMP | BODYCOMBAT Lisa  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Kelly  SMARTFIT HIIT UB | **ZUMBA NO CLASS**  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT Jessica R  SMARTFIT BOOTCAMP | |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel | |
| 5:30-6:30pm | CYCLING Rhonda  SMARTFIT BOOTCAMP  BODYJAM\*POSTPONED\* | BODYPUMP Kelly  SMARTFIT HIIT UB | BODYCOMBAT Jessica  CYCLING Rhonda  SMARTFIT HIIT LB | BODYPUMP Kelly  SMARTFIT HIIT TB |  |  | |
| 6:00-6:30pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  | |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT UB  CYCLING Garrett | SMARTFIT HIIT LB  BODYJAM Chanel | ZUMBA Chanel  CYCLING Rhonda  SMARTFIT BOOTCAMP |  |  | |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  | |
|  | 12 | 13 | 14 | 15 | 16 | 17 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  | |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Lisa | |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Lisa  CYCLING Cathy  SMARTFIT HIIT UB | BODYPUMP Kelly  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT LB | CYCLING Garrett  SMARTFIT HIIT TB | BODYCOMBAT Lisa  SMARTFIT HIIT TB | |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel | |
| 5:30-6:30pm | CYCLING Rhonda  BODYJAM\*POSTPONED\*  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT LB | BODYCOMBAT Jessica R  CYCLING Rhonda SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT UB |  |  | |
| 6:00-6:30pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  | |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT LB CYCLING Kevin | SMARTFIT BOOTCAMP  BODYJAM Chanel | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT UB |  |  | |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  | |
|  | 19 | 20 | 21 | 22 | 23 | 24 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  | NO CLASSES! Happy Thanksgiving! | | | |
| 8:30-9:30am |  | ZUMBA Natalia |  |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Kelly  SMARTFIT BOOTCAMP |
| 10:30-11:30am |  | SENIOR FIT Carol |  |
| 5:30-6:30pm | CYCLING Rhonda  SMARTFIT BOOTCAMP  BODYJAM\*POSTPONED\* | BODYPUMP Kelly  SMARTFIT HIIT UB | **NO EVENING CLASSES!**  **HAPPY THANKSGIVING!** |
| 6:00-6:30pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT UB  CYCLING Garrett |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie |  |
|  | 26 | 27 | 28 | 29 | 30 |  | |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia |  |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Lisa  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Kelly  SMARTFIT BOOTCAMP | ZUMBA Natalia  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT TB |  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly |  |
| 5:30-6:30pm | CYCLING Rhonda  SMARTFIT BOOTCAMP  BODYJAM\*POSTPONED\* | BODYPUMP Kelly  SMARTFIT HIIT UB | BODYCOMBAT Jessica  CYCLING Rhonda  SMARTFIT HIIT LB | BODYPUMP Kelly  SMARTFIT BOOTCAMP |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT UB  CYCLING Kevin | SMARTFIT HIIT LB  YOGA Katie | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT TB |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |

\*\*\*IMPORTANT ANNOUNCEMENTS: Rhonda’s Wednesday CYCLING classes have moved from 6:30pm to 5:30pm. Due to wrist surgery, Morgan’s classes are being subbed and BODYJAM at 5:30pm on Mondays will be postponed until after her full recovery. She appreciates your support and prayers during this time.