













Classes for the week of November 16th - 22nd

Classes for this week will be held outside on the tennis courts – weather dependent

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		A.W.A.K.E Lori		A.W.A.K.E Lori		
8:00am	Power Burn Lori			Core Lori	HIIT 30 Lori	
8:30am		Pop Pilates Erica		STRONG Lori		
9:00am						 (inside) Nicole
9:30am				Zumba Betina		
10:15am	Yoga Christy		Yoga Christy			
4:30pm	 Katie		 Katie			
6:45pm			Zumba Betina			

Classes for the week of November 23rd-29th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	 Erica	A.W.A.K.E Lori	 Erica			
8:00am	Power Burn Lori		Spinnerval Lori			
8:30am		Pop Pilates Erica			 Turkey Burner 2 Hour Class Lori	
9:00am	 Lisa	Aqua Strength Karen	 Lisa			 Nicole
10:15am	Yoga Christy	 Cycling Sheila				
10:30am	Silver Sneakers Jill		Silver Sneakers Jill			

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm	 Katie					
5:00pm		Cardio Blast Nicole				
5:30pm	Circuit Nicole	 Nicole				
6:30pm	Zumba Angie	PLYO JAM Katie				
	Cycling Shelia					