

NOVEMBER 2009

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am <i>CYCLE</i> 2nd-Jennifer 9th-James 16th-James 23rd-James 30th-Penny	5:15am <i>BODY PUMP</i> (3rd-James) Penny	5:15am <i>CYCLE</i> Jennifer	5:15am <i>BODY PUMP</i> James 26th-NO CLASS	5:15am <i>BODY FLOW</i> Penny 27th-NO CLASS		~~~~~ Happy Thanksgiving ~~~~~ NO EVENING CLASSES Wednesday Nov. 25 ~~~~~ NO CLASSES Thursday Nov. 26 ~OR~ Friday Nov. 27
7:45am <i>LOW IMPACT</i> Florence	7:45am <i>BODY PUMP</i> Jennifer	7:45am <i>LOW IMPACT</i> Amanda	7:45am <i>BODY PUMP</i> Janice 26th-NO CLASS		7:10am <i>CYCLE</i> 7th-James 14th-Mike 21st-James 28th-Penny	
9:00am <i>BODY FLOW</i> (2nd-Robin) Penny	9:00am <i>INTERVAL</i> Jennifer	9:00am <i>BODY PUMP</i> Penny	9:00am <i>CYCLE</i> Penny 26th-NO CLASS	9:00am <i>BODY PUMP</i> Penny 27th-NO CLASS	8:15am <i>BODY PUMP</i> 7th-James 14th-Alison 21st-James 28th-Penny	
10:15am <i>CYCLE</i> 2nd-Mike 9th-Penny 16th-Penny 23rd-Penny 30th-Mike	10:15am <i>MAT PILATES</i> Mary	10:15am <i>BODY FLOW</i> Penny	10:15am <i>MAT PILATES</i> Mary 26th-NO CLASS	10:15am <i>YOGA</i> Tara 27th-NO CLASS	9:30am <i>BODY FLOW</i> 7th-Robin 14th-Alison 21st-Robin 28th-Penny	
				11:30am <i>KIDS YOGA</i> Ages 3 to 6 Tara 27th-NO CLASS		

5:30pm <i>BODY PUMP</i> James	5:30pm <i>YOGA</i> Tara	5:30pm <i>BODY PUMP</i> Janice 25th-NO CLASS	5:30pm <i>YOGA</i> Tara 26th-NO CLASS
6:45pm <i>BODY FLOW</i> Robin	6:45pm <i>CYCLE</i> James	6:45pm <i>BODY FLOW</i> Janice 25th-NO CLASS	6:45pm <i>CYCLE</i> Mike 26th-NO CLASS

