

NOVEMBER 2020 GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:30 - 2:30	5:00 - 6:00
MONDAY	Class Instructor	Dance Tara	Strength Worx Bayley	Chair Yoga Bayley		ZUMBA Angela
TUESDAY	Class Instructor	Morning Mashup Melanie	TNT Rebecca	Strength, Balance & Coordination Barbara	Volleyball	Cardio,Weights & Core Susan
WEDNESDAY	Class Instructor	Functional Tabata Alicia	Yoga for Mobility Jaime	Silver Sneakers Barbara		Rejuvenation Yoga Rebe
THURSDAY	Class Instructor	Cardio/Weight Intervals Tara	International Dance Party Bayley	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Angela
FRIDAY	Class Instructor	Functional Training Alicia	Restorative Yoga Alicia	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	Yoga Susan			