

NOVEMBER 2021 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	Dance	Strength Worx	Chair Yoga		ZUMBA
	Instructor	Bayley	Bayley	Bayley		Angela
TUESDAY	Class	Morning Mashup	*YIN/YANG Yoga	Strength, Balance & Coordination	Volleyball	Yoga
	Instructor	Melanie	Bayley	Barbara		Susan
WEDNESDAY	Class	Circuit Training	Yoga for Mobility	Silver Sneakers		Rejuvenation Yoga
	Instructor	Alicia	Jaime	Barbara		Rebe
THURSDAY	Class	HIIT/LIIT	Butts and Guts	Strength, Balance & Coordination	Volleyball	ZUMBA
	Instructor	Bayley	Bayley	Barbara		Angela
FRIDAY	Class	Functional Training	Restorative Yoga	Silver Sneakers		
	Instructor	Alicia	Alicia	Barbara		
SATURDAY	Class	Warrior Cardio	Yoga			
	Instructor	Lisa	Susan			

YIN - first and third Tuesdays

YANG - second, fourth and fifth Tuesdays