

NOVEMBER, 2023
Fit-Time for Women
GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:00 - 6:00
MONDAY	Class Instructor	Dance Bayley	Strength Worx Bayley	Chair Yoga Bayley		ZUMBA Angela
TUESDAY	Class Instructor	Morning Mashup Melanie	YOGA Bayley	Strength, Balance & Coordination Barbara	Volleyball	YOGA Rebe
WEDNESDAY	Class Instructor	Full Body Blast Amanda	Yoga for Mobility Jaime	Silver Sneakers Barbara		Strength & Conditioning Jacquie
THURSDAY	Class Instructor	Dance Bayley	Butts and Guts Bayley	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Angela
FRIDAY	Class Instructor		Mindful Yoga Amanda	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Rebe			

Please note - No classes on November 24 and November 25.