

NOVEMBER, 2025
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 Rebe		ZUMBA Laura
TUESDAY	Class Instructor	Morning Mashup Melanie	Arthritis Class Rebe	Strength, Balance & Coordination Barbara	Volleyball	YOGA Rebe
WEDNESDAY	Class Instructor	Yogalates Susan	Yoga for Mobility Jaime	Silver Sneakers Barbara		Strength & Conditioning Jacquie
THURSDAY	Class Instructor	Weights and More Lisa	Arthritis Class Susan	Strength, Balance & Coordination Barbara	Volleyball	
FRIDAY	Class Instructor	Dance Hannah	Yogalates Barbara	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Rebe			

GYM WILL BE CLOSED ON THANKSGIVING - 11/27/25
NO CLASSES ON FRIDAY - 11/28/25 OR SATURDAY - 11/29/25