NOVEMBER, 2026

Fit-Time for Women

GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:15 - 6:15
MONDAY	Class	Dance	Strength Worx	Chair Yoga		ZUMBA
	Instructor	Bayley	Bayley	Rebe		Laura
TUESDAY	Class	Morning Mashup	Arthritis Class	Strength, Balance & Coordination	Volleyball	YOGA
	Instructor	Melanie	Rebe	Barbara		Susan
WEDNESDAY	Class	Yogalates	Yoga for Mobility	Silver Sneakers		Build & Burn
	Instructor	Rebe	Jaime	Barbara		Page
THURSDAY	Class	Weights and More	Arthritis Fit & Strong	Strength, Balance & Coordination	Volleyball	ZUMBA
	Instructor	Lisa	Rebe	Barbara		Nicole
FRIDAY	Class	Dance	Yogalates	Silver Sneakers		
	Instructor	Hannah	Barbara	Barbara		
SATURDAY	Class	Warrior Cardio	YOGA			
	Instructor	Lisa	Susan			

THANKSGIVING - November 26 - Fit-Time is CLOSED

November 27 & Novemebr 28 - OPEN 8:00 to 4:00 - NO CLASSES