

November Group Fitness 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:30 Spin-Brett 8:30 Burn & Firm-Linda 5:30 Pound-Rachel	2 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 10:00 Homeschool P.E.-Brett 5:30 Pound-Rachel 6:00 Water Aerobics-Gina 6:30 Hip Hop-Kelly	3 8:30 Beginner Bootcamp-Brett	4
5 3:00 Cardio Dance-Mattie	6 8:00 Water Aerobics-Marie 8:30 Interval-Linda 5:30 Tabata-Heather 6:30 Spin-Heather	7 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 10:00 Yoga-Ashley 5:30 Cardio Dance-Amber 6:00 Water Aerobics-Gina 6:30 Weight Intervals-Amber	8 5:30 Spin-Brett 8:30 Cardio Kick-Linda 10:00 Homeschool P.E.-Brett 5:30 Pound-Rachel	9 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 5:30 Pound-Rachel 6:00 Water Aerobics-Gina 6:30 Bootcamp-Brett	10 8:30 Beginner Bootcamp-Brett	11
12 3:00 Cardio Dance-Mattie	13 8:00 Water Aerobics-Marie 8:30 HIIT-Linda 5:30 Tabata-Heather 6:30 Spin-Heather	14 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 10:00 Yoga-Ashley 5:30 Cardio Dance-Amber 6:00 Water Aerobics-Gina 6:30 Weight Intervals-Amber	15 5:30 Spin-Brett 8:30 BP-Linda 10:00 Homeschool P.E.-Brett 5:30 Pound-Rachel	16 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 5:30 Pound-Rachel 6:00 Water Aerobics-Gina 6:30 Hip Hop-Kelly	17 8:30 Beginner Bootcamp-Amber	18
19 3:00 Cardio Dance-Mattie	20 8:00 Water Aerobics-Marie 8:30 Cardio Sculpt-Linda 5:30 Tabata-Mattie 6:30 Weight Intervals-Mattie	21 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 10:00 Yoga-Ashley 5:30 Cardio Dance-Amber 6:00 Water Aerobics-Gina 6:30 Weight Intervals-Amber	22 8:30 Buns & Bellies- Linda 5:30 Pound-Rachel	23 <div style="text-align: center;">Happy Thanksgiving!</div>	24 <div style="text-align: center;">YMCA Closed</div>	25 <div style="text-align: center;">YMCA Closed</div>
26 <div style="text-align: center;">YMCA Closed</div>	27 8:00 Water Aerobics-Marie 8:30 Hi/Lo-Linda 5:30 Tabata-Heather 6:30 Spin-Heather	28 5:30 Weight Interval-Sandy 6:30 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 10:00 Yoga-Ashley 5:30 Cardio Dance-Amber 6:00 Water Aerobics-Gina 6:30 Weight Intervals-Amber	29 5:30 Spin-Brett 8:30 Burn & Firm-Linda 10:00 Homeschool P.E.-Brett 5:30 Pound-Rachel	30 5:30 Weight Interval-Sandy 6:45 Pilates-Sandy 8:00 Water Aerobics-Sandy 9:00 Kickboxing-Dustin 5:30 Pound-Rachel 6:00 Water Aerobics-Gina 6:30 Hip Hop-Kelly		