

# Group Fitness



## NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Trish 8:00a - Spin Trish 9:00a - Yoga April 9:00a - Aqua Fit Trish 10:15a - Tai Chi Trish 5:30p - Body Pump Bob 6:45p - Zumba Joseph	8:00a - Body Pump SueAnn 9:00a - Aqua Tabata Trish 4:00p - BodyPump SueAnn 4:30p - AquaZumba Joseph 5:30p - Body Pump Tonja 6:45p - Jiu Jitsu Matt Bright	8:00a Paddleboard Trish <b>9:00a - Pilates</b> Myah 9:00a - Aqua Fit Trish 10:15a - Fitness Drumming Trish 12:15p - RPM Tonja 5:30p - Body Pump Bob 6:45p - Zumba Joseph	5:15a - Spin Trish 8:00a - Body Pump SueAnn 9:00a - Aquafit Trish 4:00p - BodyPump SueAnn 5:30p - Body Pump Tonja 6:45p - Zumba Joseph  *NO CLASSES 11/28 HAPPY THANKSGIVING!*	8:00a - Step'N & Rep'N Trish *11/8 VIRTUAL* 9:00a - Yoga Tami 4:00p - Jiu Jitsu Youth Matt Bright 5:30p - MMA Aaron Todd  *NO CLASSES 11/29*	8:00a - Body Pump Bob 9:00a - Aqua Zumba 10:30a - Zumba Joseph
<b>Sunday</b> 2:00p - Yoga Leigh-Ann					

