



GROUP X NOVEMBER

CURRENT SAFETY PROCEDURES—Must wipe down all class equipment before and after use.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	BIKING (Veronica) 5:15-6:00am	KETTLEBELL (Angela) 5:15-6:00am	BIKING (Veronica) 5:15-6:00am	KETTLEBELL (Angela) 5:15-6:00am	BIKING (Angela) 5:15-6:00am		
8:30am	ZUMBA-TONING (Gloria) 8:30-9:15am	ZUMBABASIC (Gloria) 8:30-9:15am	ZUMBASENTAO (Gloria) 8:30-9:15am	ZUMBABASIC (Gloria) 8:30-9:15am	ZUMBABASIC (Gloria) 8:30-9:15am	BIKING (instructor rotation) 8:30-9:30am	
	BIKING (Rosalinda) 8:30-10:00am (Abs at end)	STRONG (Rosalinda) 8:30-9:15am	BIKING (Rosalinda) 8:30-9:30am	STRONG (Rosalinda) 8:30-9:15am			
9:00am		YOGA/FLUID (Shelly) 9:00-10:30am (Starts Nov 7)		YOGA/FLUID (Shelly) 9:00-10:30am (Starts Nov 7)			
9:30am	SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am	BODYPUMP (Rosalinda) 9:35-10:30am	SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am	BODYPUMP (Rosalinda) 9:35-10:30am	SILVERSNEAKERS MSROM 9:30-10:00am CHAIR YOGA 10am-10:30am (Gloria)		
10:00am			YOGA (Rosalinda) 10:00-11:00am		YOGA (Stasha) 10:00-11:00am		
12:10pm	KETTLEBELL (Kristie) 12:10-12:50pm		KETTLEBELL (Kristie) 12:10-12:50pm				
5:30pm	BIKING (Megan) 5:30-6:15pm	BIKING (Dan) 5:30-6:15pm	BIKING (Laura) 5:30-6:15pm	BIKING (Angela or Dan) 5:30-6:15pm			
	ZUMBA (Alicia) 5:30-6:15pm	BODYPUMP (Stasha) 5:30-6:30pm	ZUMBA (Alicia) 5:30-6:15pm	BODYPUMP (Stasha) 5:30-6:30pm	ZUMBA (Keir) 5:30-6:15pm		
	SOULFUSION (Stasha) 5:30-6:15pm	CORE (Jill) 5:30-6:15pm	YOGA (Stasha) 5:30-6:30pm	CORE (Syndal) 5:30-6:15pm			
	ZUMBA KIDS (Gloria) 5:30-6:15pm	POUND KIDS (Juana) 5:30-6:15pm	ZUMBA KIDS (Gloria) 5:30-6:15pm	POUND KIDS (Juana) 5:30-6:15pm			
6:30pm	KETTLEBELL (Mike) 6:30-7:15pm	KETTLEBELL (Mike) 6:30-7:15pm	KETTLEBELL (Mike) 6:30-7:15pm	KETTLEBELL (Mario) 6:30-7:15pm			
		BIKING (Kelly) 6:30-7:15pm		BIKING (Lupe) 6:30-7:15pm			
		ZUMBATONING (Mayra) 6:35-7:15pm					

Spin Room

Aerobics Room A

Aerobics Room B

Multipurpose Room B/Upstairs

Multipurpose Room A/Upstairs