

# GROUP EXERCISE SCHEDULE NOVEMBER 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	<b>BIKING</b> (Veronica) 5:15-6:00am	<b>KETTLEBELL</b> (Angela) 5:15-6:00am	<b>BIKING</b> (Veronica) 5:15-6:00am	<b>KETTLEBELL</b> (Angela) 5:15-6:00am	<b>BIKING</b> (Angela) 5:15-6:00am		
8:30am	<b>ZUMBA-TONING</b> (Susy) 8:30-9:15am	<b>ZUMBABASIC</b> (Susy) 8:30-9:15am	<b>ZUMBASENTAO</b> (Susy) 8:30-9:15am	<b>ZUMBABASIC</b> (Susy) 8:30-9:15am	<b>ZUMBA-TONING</b> (Susy) 8:30-9:15am	<b>BIKING</b> (instructor) 8:30-9:30am	
	<b>BIKING</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:15am	<b>BIKING</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:15am	<b>BIKING</b> (Sabrina) 8:30-9:30am		
9:00am	<b>YOGA</b> (Jenna) 9:00-10:00am						
9:30am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:35-10:35am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:35-10:35am	<b>SILVERSNEAKERS MSROM</b> 9:30-10:00am <b>CHAIR YOGA</b> 10am-10:30am (Gloria)		
10:00am	<b>LES MILLS CORE</b> (Rosalinda) 10:00-10:30am		<b>YOGA</b> (Rosalinda) 10:00-11:00am		<b>YOGA</b> (Jenna) 10:00-11:00am		
12:10pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>LES MILLS CORE</b> (Kristie) 12:10-12:40pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>LES MILLS CORE</b> (Kristie) 12:10-12:40pm			
3:45pm							<b>ZUMBA</b> (Daphene) 3:45-4:30pm
5:30pm	<b>BIKING</b> (Megan) 5:30-6:15pm	<b>BIKING</b> (Sabrina) 5:30-6:15pm	<b>BIKING</b> (Laura) 5:30-6:15pm	<b>BIKING</b> (Sabrina/Angela) 5:30-6:15pm			
	<b>ZUMBA</b> (Alicia) 5:30-6:15pm	<b>BODYPUMP</b> (Stasha) 5:30-6:30pm	<b>ZUMBA</b> (Alicia) 5:30-6:15pm	<b>BODYPUMP</b> (Stasha) 5:30-6:30pm			
	<b>LES MILLS CORE</b> (Stasha) 5:30-6:15pm	<b>KETTLEBELL</b> (Mike) 5:30-6:15pm	<b>YOGA</b> (Stasha) 5:30-6:30pm	<b>YOGA</b> (Jenna) 5:30-6:30pm			
	<b>ZUMBA KIDS</b> (Gloria) 5:30-6:15pm	<b>POUND KIDS</b> (Juana) 5:30-6:15pm	<b>ZUMBA KIDS</b> (Gloria) 5:30-6:15pm	<b>POUND KIDS</b> (Juana) 5:30-6:15pm			
6:30pm	<b>KETTLEBELL</b> (Mike) 6:30-7:15pm	<b>LES MILLS CORE</b> (Mike) 6:30-7:00pm	<b>KETTLEBELL</b> (Mike) 6:30-7:15pm	<b>KETTLEBELL</b> (Mario) 6:30-7:15pm		<p>Spin Room <span style="color:blue">■</span></p> <p>Aerobics Room A <span style="color:teal">■</span></p> <p>Aerobics Room B <span style="color:orange">■</span></p> <p>Multipurpose Room B/Upstairs <span style="color:red">■</span></p> <p>Multipurpose Room A/Upstairs <span style="color:yellow">■</span></p> <p><b>SAFETY PROCEDURES:</b> Must wipe down all class equipment before and after use.</p>	
		<b>ZUMBATONING</b> (Keir) 6:35-7:15pm		<b>ZUMBA</b> (Daphene) 6:30-7:15pm			