



# November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			<b>SPINNING<sup>®</sup></b> <i>express</i> TBD		<b>SPINNING<sup>®</sup></b> <i>express</i> Stan		
8:00AM							
8:30AM	<b>Cardio/Core</b> <i>Kim</i>	<b>Les Mills BodyPump</b> <i>Diane/Sabrina</i>	<b>Cardio/ Strength Core</b> <i>Kim</i>		<b>YOGA (all levels)</b> <i>Lynne</i>	<b>8:45am:</b> <b>Les Mills BodyPump</b> <i>Diane/Jenn</i>	<b>YOGA (all levels)</b> <i>Audra</i>
9:45AM	<b>Total Body Sculpt</b> <i>Sabrina</i>	<b>Cardio/ LM Core</b> <i>Sabrina</i>	<b>PILATES</b> <i>Sabrina</i>	<b>Les Mills BodyPump</b> <i>Sabrina</i>	<b>Total Body Sculpt</b> <i>Sabrina</i>	<b>10:00am:</b> <b>Zumba</b> <i>Vicky</i>	<b>Starting Nov 17th</b> <b>10:00am:</b> <b>Zumba</b> <i>Nicole</i>
11:00AM	<b>Silver Sneakers</b> TBD	<b>YOGA</b> <i>Carmen</i>	<b>Silver Sneakers</b> <i>Sabrina</i>	<b>YOGA (all levels)</b> <i>Lynne</i>	<b>Silver Sneakers</b> TBD		
12:00PM				<b>NEW (seasonal): Tai Chi</b> <i>Carmella</i>			
5:30PM	<b>Les Mills BodyPump</b> <i>Diane /Jenn</i>	<b>Zumba</b> <i>Vicky</i>	<b>Les Mills BodyPump</b> <i>Diane/Jenn</i>				
5:45PM	<b>SPINNING<sup>®</sup></b> TBD	<b>SPINNING<sup>®</sup></b> <i>Cindy</i>		<b>SPINNING<sup>®</sup></b> <i>Vicky F</i>			

\* Schedule is subject to change  
last updated: 11/04/24

**GROUP FITNESS FEEDBACK**  
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TEXT "GFS" to 87365 for NFF Updates