

11

NOVEMBER

2017

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing

NOTES:

October 29th - November 4th is Group Fitness Week! Bring a free guest every day this week to join you in one of our over 60 Group Fitness class offerings! Receive 20 Rewards Points for every guest you bring that signs up for a 7-day trial!

*TRX & rowing classes are not included
*First-time guests must fill out a waiver at the front desk

Try our newest class - Strong by Zumba with demo classes running all month long. Bring a friend - we are opening this class up to the public for the whole month of November!

Strong by Zumba may have the Zumba name, but a dance class it is not! This is a high intensity interval training class with strength and conditioning moves driven by the science of Synced Music Motivation.

	SUN	MON	TUES	WED	THURS	FRI	SAT
GROUP EX WEEK				1	2	3	4
				INDO ROW® 12:15pm with Amanda		Dance FITNESS 5:30pm CARDIO DANCE with Stephanie	8:00am ZUMBA with Jenny 9:00am STRENGTH with Becky V. 10:00am YOGA with Nichelle
	5 STRONG BY ZUMBA® 1:00pm LAUNCH DAY!	6 INDO ROW® 10:00am with Dan	7	8 STRONG BY ZUMBA® 12:00pm	9 TRX 101 5:30pm with Becky W. (FREE)	10 INDO ROW® 10:30am with Jamie BIKER CHICKS 5:30pm with Becky W.	11 TRX Strength & Cardio HIT 7:15am with Amanda 8:00am - STEP with Jamie 9:00am - STRENGTH with Cathy 10:00am - YOGA with Michaela
	12 STRONG BY ZUMBA® 1:00pm	13 TRX 101 4:30pm with Peggy (FREE) STRONG BY ZUMBA® 6:30pm	14 CORE CREW 5:00pm with Jessie	15	16 INDO ROW® 10:00am with Dan	17 Dance FITNESS 5:30pm CARDIO DANCE with Stephanie	18 8:00am - P3 + TOYS with Peggy 9:00am - STRENGTH with Jessie TRX ROW 9:00am with Peggy 10:00am - YOGA with Amy X.
	19 STRONG BY ZUMBA® 1:00pm	20 STRONG BY ZUMBA® 9:00am INDO ROW® 10:00am with Dan	21 STRONG BY ZUMBA® 6:30pm	22 STRONG BY ZUMBA® 12:00pm	23 Happy Thanksgiving! 7:15am - CYCLING with Amanda TRX TRX + Dice Drop-In 8:15am with Becky W. 9:00 - Cardio Kickboxing with Kari (90 minutes) 10:45am - Yoga with Amy X.	24 STRONG BY ZUMBA® 10:15am NO FRIDAY 5:30PM CLASS	25 8:00am - CYCLING with Becky W. 9:00am - STRENGTH with Amy M. INDO ROW® 9:00am with Peggy 10:00am - YOGA with Marti
	26 STRONG BY ZUMBA® 1:00pm	27	28 TRX TRX Lower Body 4:30pm with Becky W.	29 STRONG BY ZUMBA® 12:00pm	30 TRX ROW 12:00pm with Amanda STRONG BY ZUMBA® 5:30pm		