




# November 2018 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Classes in BLUE are held in the indoor pool			1 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 4:00- 5:00 Vinyasa Yoga	2 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT	3
4	5 5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO	6 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT	7 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO	8 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 4:00- 5:00 Vinyasa Yoga	9 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT	10
11	12 5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO	13 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT	14 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO	15 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 4:00- 5:00 Vinyasa Yoga	16 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT	17
18	19 5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO	20 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT	21 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT <del>4:15 - 5:00 PM Water Aerobics</del> CANCELED 5:30—6:30 Pm PIYO	 <p>HAPPY THANKSGIVING</p>	23 *All classes cancelled for the day, instructors are enjoying the holiday with their families	24
25	26 5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO	27 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT	28 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO	29 5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 4:00 - 5:00 Vinyasa Yoga	30 5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT	