

November 2017 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics	2 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training	3 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	4 8:00-8:45 am POUND
5	6 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm POUND (FULL) 6:30-7:15 pm Kid's Zumba	7 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training	8 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics	9 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training	10 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	11 8:00-8:45 am POUND
12	13 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm POUND (FULL) 6:30-7:15 pm Kid's Zumba	14 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training	15 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics	16 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training	17 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	18 8:00-8:45 am POUND
19	20 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:30 pm POUND (FULL) 6:30-7:15 pm Kid's Zumba	21 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training 4:15-5:00 pm Aquasthenics	22 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 NO Aquasthenics—rescheduled for Tuesday, November 21	23 Rec Closed Happy Thanksgiving!	24 NO Fit Mix Max NO Fit Mix NO Stretch & Strengthen NO Flex & Stretch *All classes cancelled for the day, instructors are enjoying the holi- day with their families	25
26	27 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:30 pm POUND (FULL) 6:30-7:15pm Kid's Zumba	28 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.— Functional Interval Training	29	30	Classes in BLUE are held in the indoor pool	