

NOVEMBER 2025 GROUP FITNESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:00 Step Jen
2	3 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen	4 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	5 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen	6 5:00 Cycle Mal 8:15 Step Meg 5:45 Zumba Lisa	7 8:15 Circuits Erin 9:05 Stretch Erin	8 7:00 Bootcamp Meg
9	10 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen	11 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	12 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen	13 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	14 8:15 Circuits Erin 9:05 Stretch Erin	15 7:00 Step Jen
16	17 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen	18 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	19 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen	20 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	21 8:15 Circuits Erin 9:05 Stretch Erin	22 7:00 Bootcamp Meg
23	24 5:00 PowerFit Meg 8:15 Bootcamp Jen 9:05 PowerFit Jen	25 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	26 5:00 NO CLASS 8:15 PowerFit Jen 9:05 Pilates Jen	27 Happy Thanksgiving	28 TURKEY BURN!!!!!!! 8:00 Step Jen 8:30 Bootcamp Meg	29 NO CLASS TODAY