November Schedule



All Classes on this schedule are free to our members and are 50-55 minutes in duration!
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Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9:00am		F.I.T. BARRE w/ Lisa		SOULFUSION w/Tammy		TABATA w/Melinda	
10:00am	AIT w/Angela	CHAIR FITNESS w/Arlene	AIT w/Angela	FUNCTIONAL FITNESS w/Lisa	CARDIO COMBO w/Lisa		
11:00am	STABILITY 101 w/Suzy	FULL BODY STRETCH w/ Suzy		POSTURAL STRENGTH & STRETCH w/ Suzy	FULL BODY STRETCH w/ Suzy		
4:00pm							MAX W/ Lori Beth
5:00pm	FIT CAMP w/Elizabeth	YOGA w/ Kelli	KICKBOXING COMBO w/ Kelli	YOGA W/ Kelli			
6:00pm	ZUMBA w/Lara	BARBELL BLAST w/ Adana	ZUMBA TONING w/ Shannon	BARBELL BLAST w/Adana			
7:00pm	SOUL FUSHION w/Tammy		PUMPED UP STRENGTH w/Paige				



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