

November – 2025 – FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BLUE: FITNESS CLASSES GREEN: GROUPS & CLUBS RED: SPECIAL EVENTS PURPLE: FOOD TRUCKS					1
2 Yoga w/Demet 8:30am	3 9am Mat Pilates w/Demet 10am Aqua Fitness	4 10am Aqua Fitness	5 10am Aqua Fitness	6 9am Light Weights w/Demet 10am Aqua Fitness	7 9am Yoga w/Demet 10am Aqua Zumba w/Karen	8
9 Yoga w/Demet 8:30am	10 9am Mat Pilates w/Demet 10am Aqua Fitness	11 10am Aqua Fitness	12 10am Aqua Fitness	13 9am Light Weights w/Demet 10am Aqua Fitness	14 9am Yoga w/Demet 10am Aqua Zumba w/Karen	15
16 Yoga w/Demet 8:30am	17 9am Mat Pilates w/Demet 10am Aqua Fitness	18 10am Aqua Fitness	19 10am Aqua Fitness	20 9am Light Weights w/Demet 10am Aqua Fitness	21 9am Yoga w/Demet 10am Aqua Zumba w/Karen	22
23 Yoga w/Demet 8:30am	24 9am Mat Pilates w/Demet 10am Aqua Fitness	25 10am Aqua Fitness	26 10am Aqua Fitness	27 9am Light Weights w/Demet 10am Aqua Fitness HAPPY THANKSGIVING	28 9am Yoga w/Demet 10am Aqua Zumba w/Karen	29
30 Yoga w/Demet 8:30am					All dates, times & locations of activities & events listed are subject to change without notice	