

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Rise & Lift 9:00 a.m. Pilates-Yoga Fusion 4:45 p.m. Cycle & Abs 6:00 p.m. Walking Club 5:00-6:30 p.m.	3 Bootcamp #4 7:00 a.m. Senior Fit 9:30 a.m. Yoga 6:00 p.m.	4 Walking Club 7:30-9:00 a.m. Core & More 5:30 p.m. Cardio Danze 6:00 p.m.	5 Senior Fit 9:30 a.m. Rise & Lift 4:45 p.m. Line Dancing 6:00 p.m.	6 Bootcamp #4 7:00 a.m. Yoga 10:30 a.m.	7
9 Rise & Lift 9:00 a.m. Pilates-Yoga Fusion 4:45 p.m. Cycle & Abs 6:00 p.m. Walking Club 5:00-6:30 p.m.	10 Bootcamp #5 7:00 a.m. Senior Fit 9:30 a.m. Tone-Tastic 5:30 p.m. Yoga 6:00 p.m.	11  VETERANS DAY OFFICE CLOSED NO KIDS CLUB NO GROUP FITNESS	12 Senior Fit 9:30 a.m. Rise & Lift 4:45 p.m. Line Dancing 6:00 p.m.	13 Bootcamp #5 7:00 a.m. Yoga 10:30 a.m.	14 Equipment 101 9:00 a.m.
16 Rise & Lift 9:00 a.m. Pilates-Yoga Fusion 4:45 p.m. Cycle & Abs 6:00 p.m. Walking Club 5:00-6:30 p.m.	17 Bootcamp #6 7:00 a.m. Senior Fit 9:30 a.m. Tone-Tastic 5:30 p.m. Yoga 6:00 p.m.	18 Walking Club 7:30-9:00 a.m. Core & More 5:30 p.m. Cardio Danze 6:00 p.m.	19 Senior Fit 9:30 a.m. Rise & Lift 4:45 p.m. Line Dancing 6:00 p.m.	20 Bootcamp #6 7:00 a.m. Yoga 10:30 a.m.	21 Turkey Burn 9:00-10:30 a.m. 
23 Rise & Lift 9:00 a.m. Pilates-Yoga Fusion 4:45 p.m. Cycle & Abs 6:00 p.m. Walking Club 5:00-6:30 p.m.	24 Senior Fit 9:30 a.m. Tone-Tastic 5:30 p.m. Yoga 6:00 p.m.	25 NO GROUP FITNESS 	26  THANKSGIVING OFFICE CLOSED NO KIDS CLUB NO GROUP FITNESS	27 Yoga 10:30 a.m.	28
30 Rise & Lift 9:00 a.m. Pilates-Yoga Fusion 4:45 p.m. Cycle & Abs 6:00 p.m. Walking Club 5:00-6:30 p.m.	Kids Club Hours Monday – Thursday 8:45 – 10:00 a.m. 10:15 – 11:30 a.m. 		Office Hours Monday – Thursday 9:00 a.m. – 7:00 p.m. Friday 9:00 a.m. – 4:00 p.m. 		Bootcamp Drop-In Rate \$12.00 