

November 2021 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Health classes are offered in person at 125 New Milford Tpk. & virtually through Zoom. Fitness classes & Rethink Reshape will be held at our gym facility, 39 Park Lane Road in New Milford. Please go to our website acthealth.org and click on the 'Schedule' tab or sign up by calling 860-868-7318						
	1	2 Active Body Basics 2:00pm No Rethink ReShape	3 Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	4 Boxing Bootcamp 5:20p	5 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	6 Boot Camp 8:00am
7	8	9 Active Body Basics 2:00pm ReThink ReShape 6:00pm (Gut Health)	10 Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	11 Boxing Bootcamp 5:20p	12 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	13 Boot Camp 8:00am
14	15	16 Active Body Basics 2:00pm ReThink ReShape 6:00pm (Gut Health)	27 Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	28 Boxing Bootcamp 5:20p	19 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	20 Boot Camp 8:00am
21	22 Healthy Sleep Habits 5:00pm	23 Active Body Basics 2:00pm ReThink ReShape 6:00pm (Gut Health)	24 Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	25 Office Closed No Boxing Bootcamp	26 Office Closed No Active Body Basics No Retake Strength & Stability	27 Office Closed No Boot Camp
28	29	30 Active Body Basics 2:00pm ReThink ReShape 6:00pm (Gut Health)				