Giving Thanks for Health, Fellowship, & Fitnesss ~ November Wellness Guide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rise & Shine Warrior 5:15-6:00am Sarah Ashley (CR)	**Rise & Shine Warrior** 5:15-6:00am Sarah Ashley (MB)		**Rise & Shine Warrior** 5:15-6:00am Sarah Ashley (MB)	**Rise & Shine Warrior** 5:15-6:00am Sarah Ashley (AR)	
Senior Strength Circuit 8:00-8:50am Cheryl Kerr (CR)	**Ycycle** 8:00-9:00am Allison Avis (MB)	**Senior Strength Circuit** 8:00-8:50am Cheryl Kerr (CR)	**Cardio Elite** 8:00-8:50am Allison Avis (MB)	**Senior Strength Circuit** 8:00-8:50am Cheryl Kerr (CR)	
Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	**Beginner Ycycle** 9:15-10:15am Allison Avis (MB)	**Movement for Better Balance** 9:00-10:00am (DR)		**Combo Aerobics** 9:00-10:00am Carrie Johnson (AR)	
Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr(MB)	**Movement for Better Balance** 9:00-10:00am (AR)	**Combo Aerobics** 9:00-10:00am C. Johnson(AR)	**Movement for Better Balance** 9:00-10:00am (AR)	**Body Contouring** (Women Only) 9:00-10:00AM Cheryl Kerr (CR)	
Movement for Better Balance 9:00-10:00am (DR)		**Body Contouring** (Women Only) 9:00-10:00am Cheryl Kerr (MB)	**Chair Aerobics** 10:10-10:55am Carrie Johnson(MB)	**Line Dancing** 10:30-11;30am Delta Divas (MB)	
Chair Aerobics 10:10 - 10:55am Carrie Johnson (MB)	**Mah Jongg!** 10:00am-12:00pm (MB)	**Chair Aerobics** 10:10-10:55am Carrie Johnson (MB)			
Boot Up -Line Dancing 12:00-1:00pm Jeri H. Satucci (AR)	**Line Dancing** 5:30-6:30pm Delta Divas (MB)	**Boot Up - Line Dancing** 12:00-1:00pm Jeri H. Santucci (AR)			
Power Hour + 5:30-6:30pm Stevie Atkins (MB)	**Zumba Burst** 6:30-7:30pm Cassandra Atley (AR)	**Power Hour+** 5:30-6:30pm Stevie Atkins (MB)	**Zumba Burst** 6:30-7:30pm Cassandra Atley (AR)		
YMCA Step & Groove 6:30-7:30pm Nakia Murray (AR)					

Schedule is subject to change without notice

Classes are free to all Y members
Cost for Non-Members
$5.00 per class

Class Locations:
Circuit Room: CR
Multipurpose Bldg: MB
Aerobics Room: AR
Dance Room: DR
Basketball Gym: GM