

# Group Fitness November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<div style="border: 2px solid black; padding: 10px;"> <h3>November Schedule Updates</h3> <p>Please note several classes have been <b>CANCELED</b> due to low attendance:</p> <p>Monday: 9:30 Core Fusion Tuesday: 6:00am UpperCut</p> <p><b>We are offering Virtual options based on attendance and instructor availability. For the most current schedule, please check our website or app.</b></p> </div>						1	2					
					6:00 BodyPump (1) 8:30 Kickboxing (1) 8:30 SPIN RPM(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Jointercize (P) 10:00 Power Yoga (2) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2) 5:30 BodyPump (1)	Jackie Stephanie Kristi Chelsea Courtney Jennifer Michael Eric Karen VIRTUAL VIRTUAL VIRTUAL VIRTUAL VIRTUAL VIRTUAL VIRTUAL VIRTUAL VIRTUAL	8:00 BodyStep (1) 8:00 SPIN RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)	Jackie Kari Jackie Shannon VIRTUAL VIRTUAL Shannon Michael Shannon				
3	4	5	6	7	8	9						
11:30 BST/BP 90 (1) 1:00 BodyBalance (2) 1:00 SPIN (3) 2:00 BodyPump (1)	Jackie VIRTUAL VIRTUAL VIRTUAL Jackie Chelsea Ashley Monique Stephanie Eric Eric 10:00 Yoga (2) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN RPM(3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 RPM SPIN (3) 6:00 Yoga (2) 6:30 BodyPump (1)	Jackie Chelsea Ashley Monique Stephanie Eric Eric Karen Stephanie Jennifer Meg Ally Erika Mikaela Kari VIRTUAL Michael Alesia	5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	Wade Stephanie Ashley Jennifer Cassie Sara Erika Ashley Alesia Kristi Jenna Karen	6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 5:30 BodyCombat(1) 5:30 SPIN RPM(3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	Philip Eric Jennifer Karen Jenna Jenna Donna Karen Mikaela Ashley VIRTUAL Ashley Kari Jenna Courtney	5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp + Recover(1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)	Sarah C Monique Jenna Stephanie Eric Mikaela Bill/Linda Mikaela VIRTUAL Philip Jenna	6:00 BodyPump (1) 8:30 Kickboxing(1) 8:30 SPIN RPM (3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Jointercize (P) 10:00 Power Yoga (2) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2) 5:30 BodyPump (1)	Ashley Alesia VIRTUAL Kristi Sara Sheila Kristi Michael Jenna Sara Sheila Mikaela	8:00 BodyStep (1) 8:00 SPIN RPM(3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)	Jackie Meg Pam Karen Sarah C Shannon Chelsea Eric Sheila Eric

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program  
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

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<p><b>10</b></p> <p>11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>Alesia Sheila Michael VIRTUAL Sheila</p>	<p><b>11</b></p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyCombat(1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN RPM (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN RPM(3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Sheila Cassie Shannon Sara Stephanie Eric Eric Sheila Stephanie Jenna Meg Ally Kristi Shannon Kristi VIRTUAL Karen Courtney</p>	<p><b>12</b></p> <p>5:45 SPRINT (3) 8:00 Tone &amp; Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Wade Stephanie Eric Donna Cassie Sara Chelsea Ashley Alesia Kristi Jenna Karen</p>	<p><b>13</b></p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 Cardio Dance 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 5:30 BodyCombat(1) 5:30 SPIN RPM (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Eric Pam Karen Jenna Jenna Donna Karen Stephanie Ashley VIRTUAL Mikaela VIRTUAL Alesia Michael Shannon</p>	<p><b>14</b></p> <p>5:45 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 BOSU + Recover(1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>Sara Stephanie Jenna Monique Eric VIRTUAL Bill/Linda Ashley VIRTUAL Philip Jenna</p>	<p><b>15</b></p> <p>6:00 BodyPump (1) 8:30 Kickboxing (1) 8:30 SPIN RPM(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Sheila Stephanie VIRTUAL Jennifer Erika Shannon Michael Jennifer NO CLASS Sara Sheila Mikaela</p>	<p><b>16</b></p> <p>8:00 BodyStep (1) 8:00 SPIN RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>Jackie Sarah C Jennifer Cassie Mikaela Jackie Erika Ashley Sheila Ashley</p>
<p><b>17</b></p> <p>11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>Jackie Karen Kari Sheila Karen</p>	<p><b>18</b></p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyCombat(1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN RPM(3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN RPM (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Jackie Cassie Shannon Sara Stephanie Monique Monique Jenna Stephanie Sheila Meg Ally Candace Mikaela Alesia VIRTUAL Sheila Courtney</p>	<p><b>19</b></p> <p>5:45 SPRINT (3) 8:00 Tone &amp; Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Sarah C Monique Ashley Jennifer Karen Jenna Shannon Cassie Shannon Alesia Kristi Jenna Karen</p>	<p><b>20</b></p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 Cardio Dance 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 5:30 BodyCombat(1) 5:30 SPIN RPM (3) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Philip Sheila Jennifer Karen Jenna Jenna Donna Karen Jenna Ashley VIRTUAL Mikaela VIRTUAL Kristi Michael Alesia</p>	<p><b>21</b></p> <p>5:45 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp + Recover (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>Sara Sheila Karen Stephanie Monique Mikaela Bill/Linda VIRTUAL Courtney Jenna</p>	<p><b>22</b></p> <p>6:00 BodyPump (1) 8:30 Kickboxing(1) 8:30 SPIN RPM (3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN RPM(3) 1:15 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Sheila Alesia VIRTUAL Kristi Cassie Shannon Michael Kristi Eric VIRTUAL Karen Mikaela</p>	<p><b>23</b></p> <p>8:00 BodyStep (1) 8:00 SPIN RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>Jackie Meg Kari Sheila Wade Ashley Candace Shannon Sheila Shannon</p>
<p><b>24</b></p> <p>1:00 Yoga (2) 1:00 SPIN (3) 2:00 BST/BP 90 (1) 2:00 BodyBalance (2)</p> <p>Jenna Michael Alesia Jenna</p>	<p><b>25</b></p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyCombat(1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Zumba (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN RPM (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>VIRTUAL Chelsea Ashley Monique Pam Eric Eric Jenna Karen K Stephanie Chris C Ally Kristi Shannon Kari VIRTUAL Alesia Shannon</p>	<p><b>26</b></p> <p>5:45 SPRINT (3) 8:00 Tone &amp; Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Wade Monique Eric Donna Sara Sarah C Candace Ashley Alesia Kristi Jenna Karen</p>	<p><b>27</b></p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 Cardio Dance 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3)</p> <p>Sara Eric Pam Karen Jenna Jenna Donna Karen Jennifer Shannon VIRTUAL</p>	<p><b>28</b></p> <p>9:00 SPIN (3) 10:15 BodyPump (1)</p> <p>Chris C Ashley</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Gym Hours: 7:00am– 12:00pm</p> </div> 	<p><b>29</b></p> <p>8:30 BodyCombat(1) 8:30 SPIN RPM(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN RPM(3)</p> <p>Shannon VIRTUAL Sara Chelsea Courtney Michael Sara Karen K VIRTUAL</p>	<p><b>30</b></p> <p>8:00 BodyStep (1) 8:00 SPIN RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>Sarah C Pam Chelsea Shannon Courtney Chelsea Ashley Karen Ashley</p>
			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>No evening classes! Gym closes at 7:00pm.</p> </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>No 6 am or evening classes! Gym opens at 7:00 am and closes at 6:00pm.</p> </div>	