

# GROUP EXERCISE SCHEDULE ~ NOVEMBER 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			6a~Boot Camp 8a~ Fun, Fit & Fabulous 9:15a~ Gentle Yoga 10:30a~ Barre/Pilates 5:15p~ HIIT 6:30p~ Spin	6a~ Boot Camp 7:45a~ Vinyasa Flow 9:15a~ SilverSneakers Classic 10:15a~ SilverSneakers Chair 6p~ Barre 7:05p~ Flow Yoga (all levels)	6a~ Boot Camp 8a~ Fun, Fit & Fabulous 9:15a~ Gentle Yoga 10:30a~ Chair Yoga 3p~ Zumba Toning 5:15p~ HIIT	7:30a~ Flow Yoga (all levels) 9a~ Spin 9a~ Zumba
5	6	7	8	9	10	11
8a~ Boot Camp 11a~ Barre	6a~ Boot Camp 8a~ Fun, Fit & Fabulous 9:15a~ Gentle Yoga 10:30a~ Pilates Fusion 1p~ Zumba Toning 5:15p~ HIIT 6p~ Club AK 6:30p~ Spin	6a~ Boot Camp 7:45a~ Vinyasa Flow 9:15a~ SilverSneakers Classic 10:15a~ SilverSneakers Chair 11:30a~ Pilates Fusion 6p~ Club AK 7:05p~ Flow Yoga (all levels)	6a~Boot Camp 8a~ Fun, Fit & Fabulous 9:15a~ Gentle Yoga 10:30a~ Barre/Pilates 5:15p~ HIIT 6:30p~ Spin	6a~ Boot Camp 7:45a~ Vinyasa Flow 9:15a~ SilverSneakers Classic 10:15a~ SilverSneakers Chair 6p~ Barre 7:05p~ Flow Yoga (all levels)	6a~ Boot Camp 8a~ Fun, Fit & Fabulous 9:15a~ Gentle Yoga 10:30a~ Chair Yoga 3p~ Zumba Toning 5:15p~ HIIT	7:30a~ Flow Yoga (all levels) 9a~ Spin 9a~ Zumba
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30		
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