



# November



2017

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two-page printable  
version on our website at  
**fshfc.com**

SUN	MON	TUE	WED	THU	FRI	SAT						
<p>Just a couple of changes for November.....</p> <p>Fridays 11:30 BodyStep/BodyPump class will change to BodyAttack</p> <p>We will substitute Gentle Yoga for Feldenkrais on Nov. 10th, 15th, 16th &amp; 17th</p> <p><b>"MOVE THE WORLD"</b></p> <p><b>Saturday Nov. 18th</b></p> <p>See Details on back page</p>												
			1	2	3	4						
			6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Lara Sunny Kate Donna Lori Shana Donna Shana Karen Lori Sunny Bill/Linda Katie Jane Bill/Linda Susan Shana Olga/Fumika Megan Kristi Ashley Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Stephanie Stephanie Lori Eric Shannon Cassie Sunny Debbie Cassie/Allison Sunny Mary Alex Nancy Kate Chloe Sarah Kate Linda Rebecca Julie	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Sommer Kari Lara Wendy Kate Kristi Shana Wendy Kate Karen Lara Eric Cassie Lori Debbie Julie Debbie Sunny Shannon	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Carla Megan Shana Shannon Carla Megan/Stacie Olga Stacie Sommer Sommer Sunny Cassie		
5	6	7	8	9	10	11						
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYP (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Sarah Sheila Eric Sheila Ashley Linda Cassie/Ashley Lori Olga Linda	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Nancy Sunny Lara Jane Shana Kari Cassie Kate Susan Stephanie Sunny Eric Shannon Danielle Chris Pam Shana Allyson Shana Stacie Chloe Wendy Shannon Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Shana Lara Kate Jane Shana Kari Cassie Kate Susan Karen K Shana Chloe Olga Debbie Kari Sarah Wendy Katie Mary Alex Megan Rebecca Mary Alex	Sommer Kari Shana Stephanie Donna Deb Shana Donna Shana Sunny Lori Susan Bill/Linda Allison Katie Bill/Linda Susan Mary Alex Olga/Fumika Ashley Kristi Alesia Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Nancy Kari Lori Eric Lara Linda Sunny Debbie Megan/Ashley Julie Lara Shannon Chloe Sarah Kate Kristi Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Gentle Yoga (3) 4:30 Cardio Step (1) 5:30 BP (1)	Allison Lara Carla Sunny Kristi Lara Carla Kristi Stephanie Lori Alesia Shana Alesia Katie Chloe Julie Wendy Sunny Danielle	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Stephanie Kristi Chris Kate Danielle Stephanie/Sarah Donna Eric Mary Alex Shannon Shana Ildiko

(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... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown	PYP = Pilates Yoga Fusion	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance		
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

12	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Katie Sommer Lori Shannon Shana Nancy/Stacie Lori Fumika Lara	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Lara Chloe Carla Stephanie Deb Carla Carla Stephanie Shana Sunny Chloe Chris Pam Shana Ashleigh Shana Stacie Kate Wendy Sarah Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Kari Cindy Stephanie Lara Linda Ashley Susan Cassie/Ashley Karen K Mary Alex Sommer Cassie No Class Kari Sarah Sunny Karen Kate Megan Rebecca Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 1:30 Int Tai Chi (3) 1:30 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Gentle Yoga (3)	Allison Nancy Lori Cassie Donna Karen Shana Donna Shannon Karen Shannon Chloe Bill/Linda Katie Jane Bill/Linda Susan Linda Ildiko Ashley Kristi Megan Alesia Wendy	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Gentle Yoga (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Stephanie Stephanie Megan Lori Stephanie Cassie Sunny Sunny Allison/Lara Julie Kate Nancy Ashley Linda Alesia Kristi Linda Ashley Allyson	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 POUND (3) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Gentle Yoga (3) 4:30 Cardio Step (1) 5:30 BP (1)	Sommer Kari Alesia Lori Wendy Kristi Alesia Wendy Stephanie Sunny Nancy Kate Nancy Ashley Linda Alesia Julie Kristi Shana Shannon	<b>“MOVE THE WORLD”</b>  Les Mills is partnering with global charitable organization UNICEF in an initiative to raise awareness and funds for their efforts to provide clean water to children in South Sudan. In honor of UNICEF'S World's Children's Day on Nov. 20th, Les Mills and UNICEF are mobilizing the fitness industry behind this cause and have asked us to help in promoting a 1-day global workout today called “Move the World”.  In honor of their request we will be offering 30 minute Les Mills classes and asking members to consider a donation to UNICEF on this date.  Please see class schedule below...
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19	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Nancy Sarah Alesia Rebecca Linda Sheila/Danielle Ashleigh Allyson Sheila	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Kari Karen Carla Katie Deb Carla Sommer Stephanie Carla Kate Pam Danielle Chris Kate Alesia Kristi Shannon Shannon Kristi Wendy Shannon Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Lara Kari Jane Stephanie Kari Danielle Eric Susan Cassie/Sarah Karen K Shannon Cassie Debbie Kari Alesia Karen Katie Kristi Megan Ashley Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN-RPM (2) 12:30 Int Tai Chi (3)	Allison Nancy Susan Lara Donna Ashleigh Alesia Donna Shannon Alesia Shannon Lara Bill/Linda Katie Ashley Bill/Linda	9:00 Aqua (P) 9:00 SPIN (2) 9:00 Zumba (1) 10:00 Aqua Flow (P) 10:00 Yoga (3)	Debbie Chris Ildiko Debbie Susan	9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3)	Alesia Carla Kristi Susan Kate Carla Shannon Ashley Megan Katie Debbie Julie Debbie	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Carla Ashleigh Megan Kristi Ashleigh Carla/Allison Debbie Stacie Megan Kate Susan Julie	Club closes early No classes after 12:30		Club closes early No classes after 2:15
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26	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Carla Ashley Mary Alex Carla Shannon Susan Sarah/Stacie Wendy Fumika Danielle	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Nancy Chloe Lara Stephanie Deb Shana Shana Stephanie Sunny Kate Chloe Katie Chris Pam Alesia Kristi Shannon Shannon Kristi Wendy Ashley Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Ashley Lara Kari Cindy Shana Shannon Cassie Eric Susan Lara/Stacie Karen K Sunny Shannon Chloe Debbie Kari Sarah Ashleigh Karen Kate Megan Rebecca Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Nancy Lori Lara Donna Karen Shana Donna Shana Karen Shannon Lara Bill/Linda Danielle Jane Bill/Linda Susan Mary Alex Sunny Ashley Kate Megan Sunny Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Nancy Debbie Lara Kate Stephanie Danielle Sarah Debbie Stephanie/Megan Julie Lara Nancy Shana Sunny Alesia Mary Alex Kristi Ashley Allyson	<b>Saturday Nov. 18th</b>  <b>GYM</b> 9:00 GRIT Class is free for everyone today!!!	<b>Studio #1</b> 8:00-8:30 BodyStep 8:35-9:05 BodyPump 9:10-9:40 SH*BAM 9:45-10:15 BodyCombat 10:20-10:50 BodyPump 10:55-11:25 BodyAttack	<b>Studio #2</b> 8:00 FTW Ramp Test 9:15-10:15 RPM-Spin 10:20 FTW Ramp Test	<b>Studio #3</b> 8:00-8:30 Pound 8:35-9:05 Bodyflow Strength 9:10-9:40 Bodyflow Flexibility	<b>Pool</b> 9:00-9:30 Aqua Zumba 9-35-10 Aqua Intervals 10:05 Aqua Flow
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