




November



SUN	MON	TUE	WED	THU	FRI	SAT		
<p>Mondays 6am Aqua Boot Camp has been postponed until Spring</p>				1	2	3		
				6:00 BP (1) Stephanie 8:00 T&B (3) Stephanie 8:30 SPIN (2) Meg 8:30 BSS (1) Eric 9:00 Aqua Boot Camp Chloe 9:30 BF (3) Karen 9:30 BST (1) New Release 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Jackie/Stacie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Mary Alex 1:30 Parkinsons (2) Nancy 4:30 BA (1) Mikaela 4:30 Barre (3) Linda 5:30 BST 45 (1) New Release 5:30 BF (3) Kristi 6:00 Aqua Boot Camp Dani 6:20 Total Core 20 (1) Ashley 6:30 PM (3) Mary Alex 6:45 BC 45 (1) Ashley 7:30 Zumba/CD (1) Ildiko	6:00 HIIT 45 (1) Nancy 6:00 SPIN (2) Kari 8:30 PM (1) Carlissa 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Wendy 10:00 Joint (P) Lara 10:15 CXworx (1) Ashley 10:15 Yoga (3) Susan 10:45 GL (1) Sarah/Lara 11:00 Aqua (P) Karen 11:30 Beg Tai Chi (3) Chloe 12:00 BP 45 (1) Lyssa 12:00 SPIN (2) Chloe 12:30 Int Tai Chi (3) Debbie 1:00 Cardio Str. (1) Kari 2:15 GF Yoga (3) Jackie 5:00 POUND (3) Linda 5:45 Spn (2) Linda 6:00 Aqua (P) MaryAlex 6:00 BP (1) Carlissa 6:00 Yoga (3) Rebecca 7:00 Feldenkrais (3) MaryAlex	6:00 BP (1) Nancy 8:00 T&B (3) Lyssa 8:30 SPIN (2) Lori 8:30 BSS (1) Katie 9:00 Aqua Boot Camp Chloe 9:30 BF (3) Cassie 9:30 BST (1) Sarah 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Ashley/Jackie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Jackie 1:30 Parkinsons (2) Nancy 4:30 BA (1) Ashley 4:30 Barre (3) Shana 5:30 BST 45 (1) Alesia 5:30 BF (3) Kristi 6:00 Aqua Boot Camp Sommer 6:20 Total Core 20 (1) Alesia 6:30 PM (3) Kristi 7:30 Zumba/CD (1) Ashley Ildiko	6:00 HIIT 45 (1) Sommer 6:00 SPIN (2) Nancy 8:30 BP (1) Alesia 9:00 BP (1) Wendy 9:00 Aqua (P) Kristi 9:35 BF (3) Lara 10:00 Aqua Boot Camp Alesia 10:00 Joint (P) Kristi 10:30 GL (1) Eric 10:40 Yoga (3) Shana 11:00 Aqua (P) Katie 11:30 BST/BP 75 (1) Stacie 12:00 SPIN (2) Wendy 1:00 Zumba Gold (1) Chloe 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) No Class 4:30 Cardio Step (1) Carlissa 5:30 BP (1) Courtney 6:30 Kick Boxing (1) Courtney	8:00 BST (1) Alesia 8:00 SPIN (2) Sheila 9:00 Aqua (P) Chloe 9:00 BP (1) Sheila/Mikaela 9:00 BF (3) Kristi 10:00 Aqua Boot Camp Sommer 10:00 BA (1) Shana 10:00 POUND(3) Kristi 11:00 PM(1) Courtney 11:15 Yoga(3) Karen 12:00 Zumba/CD (1) Chloe 12:30 Barre (3) Karen
4	5	6	7	8	9	10		
11:30 BST/BP 90 (1) Stephanie 12:00 SPIN (2) Jorge 1:00 M&M 45 (1) Eric 1:00 Yoga (3) Sheila 1:50 BC (1) Shannon 2:15 Barre (3) Shana 2:55 BP (1) Sheila/Shannon 3:15 GF Yoga 45 (3) Shana 4:00 Zumba/CD (1) Allyson 4:05 BF (3) Danielle	6:00 Aqua Boot Camp Postponed 6:00 BST/BP (1) Nancy 6:00 SPIN (2) Stephanie 8:00 Barre (3) Chloe 8:15 BST (1) Lara 9:00 Aqua (P) Stephanie 9:00 PL (3) Deb 9:15 PM 45 (1) Sommer 10:00 Joint (P) Lara 10:05 Core(1) Sommer 10:15 Yoga (3) Jackie 10:45 GL (1) Dani 11:00 Aqua (P) Chloe 12:00 BF (3) Lara 12:00 SPIN (2) Cindy 1:00 Cardio Str. (1) Susan 4:30 CS 45 (1) Shana 5:00 POUND (3) Allyson 5:15 CXworx (1) Shana 5:45 BA 45 (1) Shana 6:00 Aqua (P) Dani 6:00 Yoga (3) Wendy 6:30 BP (1) Ashley /Danielle 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	6:00 BA (1) Shana 6:00 BF (3) Lara 8:00 T&B (3) Debbie 8:30 SPIN (2) Meg 8:30 KB (1) Shana 9:00 Aqua Boot Camp Wendy 9:00 BF (3) Lara 9:30 BA (1) Ashley 10:00 Yoga (3) Susan 10:30 BP (1) Sarah/Lara 11:00 Joint (P) Karen 11:00 Barre (3) Chloe 12:00 M&M 45 (1) Lyssa 12:00 Zumba/CD (3) Chloe 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Kari 4:30 BST/ BP 70 (1) Jackie 4:30 Barre (3) Linda 5:30 BF (3) MaryAlex 5:45 PM 45 (1) Carlissa 6:30 Spn (2) Rebecca 6:30 BC (1) MaryAlex 6:35 Barre 30 (3)	6:00 HIIT 45 (1) Nancy 6:00 SPIN (2) Kari 8:30 PM (1) Carlissa 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Wendy 10:15 CXworx (1) Lara 10:15 Yoga (3) Susan 10:45 GL (1) Sarah/Lara 11:00 Aqua (P) Karen 11:30 Beg Tai Chi (3) Chloe 12:00 BP 45 (1) Lyssa 12:00 SPIN (2) Chloe 12:30 Int Tai Chi (3) Debbie 1:00 Cardio Str. (1) Kari 2:15 GF Yoga (3) Jackie 5:00 POUND (3) Linda 5:45 Spn (2) Linda 6:00 Aqua (P) MaryAlex 6:00 BP (1) Carlissa 6:00 Yoga (3) Rebecca 7:00 Feldenkrais (3) MaryAlex	6:00 BP (1) Nancy 8:00 T&B (3) Lyssa 8:30 SPIN (2) Lori 8:30 BSS (1) Katie 9:00 Aqua Boot Camp Chloe 9:30 BF (3) Cassie 9:30 BST (1) Sarah 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Ashley/Jackie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Jackie 1:30 Parkinsons (2) Nancy 4:30 BA (1) Ashley 4:30 Barre (3) Shana 5:30 BST 45 (1) Alesia 5:30 BF (3) Kristi 6:00 Aqua Boot Camp Sommer 6:20 Total Core 20 (1) Alesia 6:30 PM (3) Kristi 6:45 BC 45 (1) Ashley 7:30 Zumba/CD (1) Ildiko	6:00 HIIT 45 (1) Sommer 6:00 SPIN (2) Nancy 8:30 BP (1) Alesia 9:00 BP (1) Wendy 9:00 Aqua (P) Kristi 9:35 BF (3) Lara 10:00 Aqua Boot Camp Alesia 10:00 Joint (P) Kristi 10:30 GL (1) Eric 10:40 Yoga (3) Shana 11:00 Aqua (P) Katie 11:30 BodyAttack (1) Ashley 12:00 SPIN (2) Ashley 1:00 Zumba Gold (1) Shana 1:30 Parkinsons (2) Alesia 2:15 Feldenkrais (3) Kristi 4:30 Cardio Step (1) Sommer 5:30 BP (1) Alesia 6:30 BodyCombat (1) Kristi Rebecca	8:00 BST (1) Lara 8:00 SPIN (2) Meg 9:00 Aqua (P) Kari 9:00 BP (1) Stephanie/Shannon 9:00 BF (3) Karen 10:00 Aqua Boot Camp Kari 10:00 BA (1) Eric 10:00 POUND (3) Kristi 11:00 PM(1) Mary Alex Lori 11:15 Yoga(3) Karen 12:00 Zumba/CD (1) Ildiko 12:30 Barre (3) Mary Alex		

(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 Meltown		PYF = 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			

<p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>11 Alesia Mary Alex Sarah Lori Ashley Linda Ashley/Shannon Linda Allyson Cassie</p>	<p>12 Postponed Shannon Nancy Shana Lara Stephanie Deb Lyssa Stephanie Chloe Lori Chloe Lara Cassie Chris Susan Carlissa Alesia Shana Shana Kristi Wendy Allison/Ashley Chris Ildiko</p>	<p>13 6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 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 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3) 7:00 Feldenkrais (3)</p>	<p>14 Shana Jackie Lyssa Lori Stephanie Lara Cassie Ashley Susan Lori Cassie/Stephanie Karen K Shana Chloe Fumika Debbie Kari Jackie Mikaela Karen Chloe Mary Alex Mikaela Karen Debbie</p>	<p>15 6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 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 (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p>	<p>16 Nancy Chloe Wendy Katie Lori Jackie Stacie Debbie Stacie/Jackie Julie Mary Alex Nancy Shana Linda Alesia Linda Kristi Alesia Courtney Dani Nancy Kari Stephanie Lori Wendy Kristi Shana Wendy Alesia Shana Katie Jackie Ashley Debbie Julie Debbie Shana Courtney Dani 8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3) Stacie Cindy Kari Stacie/Sarah Kristi Dani Sarah Alesia Carlissa Jackie Jackie</p>
<p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>18 Stacie Katie Courtney Jackie Shannon Jackie Danielle/Courtney Jackie Carlissa Danielle</p>	<p>19 Postponed Stephanie Nancy Chloe Jackie Stephanie Deb Mikaela Stephanie Mikaela Jackie Alesia Chloe Karen Chris Susan Shana Allyson Shana Stacie Kristi Wendy Allison/Stacie Chris O Ildiko</p>	<p>20 6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 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 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)</p>	<p>21 Stacie Lara Stephanie Lyssa Lara Wendy Alesia Lara Alesia Shana Stephanie Dani Bill/Linda Katie Lori Bill/Linda</p>	<p>22 9:00 Aqua Boot Camp 9:00 Barre (3) 9:00 BodyAttack (1) 9:00 SPIN (2) 10:00 BodyFlow (3) 10:00 BodyPump (1)</p> <p style="text-align: center;">Club Hours 7:00am-1:00pm</p>  <p style="text-align: center;">Club Hours 7am-7pm</p> <p style="text-align: center;">No classes after 2:15</p>	<p>23 No early morning classes 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 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3)</p> <p>8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3) Stacie Lara Debbie Julie Debbie</p>
<p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>25 Lara Jorge Courtney Susan Sarah Shana Allison/Courtney Linda Fumika Linda</p>	<p>26 Postponed Mikaela Nancy Shana Lara Stephanie Deb Eric Stephanie Eric Shana Eric Chloe Karen B Chris Susan Dani Kari Kristi Dani Stacie Kristi Wendy Ashley/Courtney Chris O Ildiko</p>	<p>27 6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 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 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)</p>	<p>28 Shana Jackie Lyssa Meg Stephanie Lori Lara Eric Susan Cassie/Stephanie Karen K Chloe Dani Cassie Debbie Kari Stacie Mary Alex Kristi Mikaela Ashley Rebecca Mikaela</p>	<p>29 Nancy Cindy Shana Donna Karen B Shana Donna Shana Karen B Stephanie Lara Bill/Linda Jackie Katie Bill/Linda Pam Susan Alesia Allyson Mary Alex Kristi Ashley Lori Debbie</p>	<p>30 6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 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 (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p> <p>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 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat(1)</p> <p>8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3) Sommer Lori Lara Jackie Chloe Jackie Dani Susan Chloe Jackie Katie Stephanie Wendy Debbie Julie Debbie Alesia Alesia Linda</p>