



NOVEMBER 2022 GROUP FITNESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">PLEASE! NOTE</p> <p>Schedule Changes for November:</p> <ul style="list-style-type: none"> BodyStep on Monday morning moves from 45 to 55 minutes! The Core Classes on Monday, Wednesday and Saturday are reduced to 25 minutes. THERE ARE SEVERAL TIME CHANGES IN STUDIO #1. Please review the schedule to ensure you make it class on time. Some classes are cancelled Thanksgiving weekend. <p style="text-align: center;"><i>Thank you!</i></p> <p style="text-align: center;">* = Live Streamed Class</p>		<p style="text-align: center;">1</p> <p>6:00 BodyAttack (1) Shana 6:00 SPRINT (3) Shannon 8:00 Tone & Balance 45 (2) Sara/Monique 8:30 KickBoxing (1) *Shana 9:00 Aqua BC (P) Suzanna 9:00 BodyBalance (2) Danielle 9:00 SPRINT (3) Courtney S 9:30 BodyAttack (1) *Eric 10:15 Barre (2) Shana 10:30 BodyPump(1) Hollie 12:00 HIGH Fitness(1) Betsy 1:30 Parkinsons (3) Sara 4:30 Barre (2) Mary Alex 4:30 BST/BP 75 (1) Courtney 5:45 BodyBalance (2) Kristi 5:45 Pure Muscle (1) Erika 7:00 Rest Yoga 45(2) Karen</p>	<p style="text-align: center;">2</p> <p>6:00 Boot Camp 45 (1) Sara 8:30 PureMuscle 45 (1) *Sara 9:00 Aqua BC (P) Courtney S 9:15 Pilates 45 (2) Karen 9:15 CardioStep 45(1) Shana 10:15 Core 25 (1) Shana 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) *Sheila 12:00 BodyPump 45 (1) Katie 12:00 SPRINT (3) Sara 5:30 BodyCombat(1) *Ashley 6:00 Aqua (P) Courtney S 6:15 SPRINT (3) Mikaela 6:15 Yoga (2) Wendy 6:30 BodyPump (1) Danielle</p>	<p style="text-align: center;">3</p> <p>6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Sheila 8:30 BodyStep (1) Whitney 9:00 BodyBalance (2) Suzanna 9:00 SPIN (3) Sara 9:30 MM 45 (1) *Eric 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Ashley 1:30 Parkinsons (3) Wendy 5:30 M&M/Bootcamp 45 (1) Courtney</p>	<p style="text-align: center;">4</p> <p>6:00 BodyPump (1) Shannon 8:30 BodyCombat (1) Victoria 9:00 Aqua (P) Wendy 9:00 Barre (2) Chelsea 9:30 BodyPump (1) *Suzanna 10:15 Power Yoga (2) Michael 10:15 Jointercize (P) Wendy 10:45 Go Low (1) Eric 12:00 Cardio Fuse(1) Betsy 12:00 SPIN 45 (3) Shelia 1:00 Rest. Yoga 45 (2) Karen 5:30 BodyPump (1) Ashley</p>	<p style="text-align: center;">5</p> <p>8:00 BodyStep (1) Jackie 9:00 Aqua BC (P) Lyssa 9:00 BodyBalance (2) Jackie 9:00 SPRINT (3) Shana 9:00 BodyPump (1) Stacie 9:45 Spin 45 (3) Michael 10:15 Barre (2) Erika 10:15 BodyAttack 45(1) Eric 11:00 Core 25 (1) Eric 11:30 Yoga (2) Sheila</p>
<p style="text-align: center;">6</p> <p>11:30 BST/BP 90 (1) Courtney 1:00 SPIN 45 (3) Katie 1:00 Yoga (2) Karen 1:15 M&M 45 (1) *Victoria 2:15 BodyPump (1) Danielle 2:15 BodyBalance (2) Karen</p>	<p style="text-align: center;">7</p> <p>6:00 BodyPump (1) Sara 8:30 BodyStep (1) *Whitney 9:00 Aqua BC (P) Suzanna 9:15 Pilates 45 (2) Deb 9:30 Core 25 (1) Eric 10:00 PureMuscle 45(1) Eric 10:15 Aqua (P) Lyssa 10:15 Yoga (2) Wendy 10:45 GoLow (1) *Shana/Hollie 12:00 SPIN 45 (3) Chris C 4:30 Cardio Step (1) Sara 5:00 Barre (2) Alesia 5:30 BodyAttack 45 (1) *Stacie 6:00 Aqua (P) Courtney S 6:00 SPIN 45 (3) Sheila 6:15 Yoga (2) Hannah 6:30 BodyPump (1) Katie</p>	<p style="text-align: center;">8</p> <p>6:00 BodyAttack (1) Shannon 6:00 SPRINT (3) Shana 8:00 Tone & Balance 45 (2) Shana 8:30 KickBoxing (1) Courtney 9:00 Aqua BC (P) Courtney S 9:00 BodyBalance (2) Sheila 9:00 SPRINT (3) Sara 9:30 BodyAttack (1) Ashley 10:15 Barre (2) Cassie 10:30 BodyPump(1) *Mikaela 12:00 M&M 45 (1) Victoria 1:30 Parkinsons (3) Sara 4:30 Barre (2) Kristi 4:30 BST/BP 75 (1) Stacie 5:45 BodyBalance (2) Karen 5:45 Pure Muscle (1) *Mary Alex 7:00 Rest Yoga 45(2) Karen</p>	<p style="text-align: center;">9</p> <p>6:00 Boot Camp 45 (1) Sara 8:30 Surge Strength(1) Betsy 9:00 Aqua BC (P) Katie 9:15 Pilates 45 (2) Karen 9:15 CardioStep 45(1) *Shana 10:15 Core 25(1) Shana 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Ashley 12:00 BodyPump 45 (1) Courtney S 12:00 SPRINT (3) *Mikaela 5:30 BodyCombat(1) Alesia 6:00 Aqua (P) Sara 6:15 SPRINT (3) Kristi 6:15 Yoga (2) Daniella 6:30 BodyPump (1)</p>	<p style="text-align: center;">10</p> <p>6:00 SPRINT (3) Shannon 8:00 Tone & Balance 45(2) Karen K 8:30 BodyStep (1) Stacie 9:00 BodyBalance (2) Karen 9:00 SPIN (3) Shana 9:30 MM 45 (1) Sara/Monique 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Suzanna 1:30 Parkinsons (3) Wendy 5:30 M&M/Bootcamp 45 (1) *Erika</p>	<p style="text-align: center;">11</p> <p>6:00 BodyPump (1) Whitney 8:30 Kickboxing (1) *Alesia 9:00 Aqua (P) Kristi 9:00 Barre (2) Lyssa 9:30 BodyPump (1) Cassie 10:15 Power Yoga (2) Shana 10:15 Jointercize (P) Kristi 10:45 Go Low (1) *Sara 12:00 Bodypump45(1) Ashley 12:00 SPIN 45 (3) Katie 1:00 Rest. Yoga 45 (2) Wendy 5:30 BodyPump (1) Mikaela</p>	<p style="text-align: center;">12</p> <p>8:00 BodyStep (1) Whitney 9:00 Aqua BC (P) Erika 9:00 BodyBalance (2) Kristi 9:00 SPRINT (3) Kim 9:00 BodyPump (1) Shannon 9:45 Spin 45 (3) Shana 10:15 Barre (2) Mikaela 10:15 Cardio Fuse(1) Betsy 11:00 Core 25 (1) *Shana 11:30 Yoga (2) Michael</p>

(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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN 45 (3) 1:00 Yoga (2) 1:15 HIGH Fitness (1) 2:15 BodyPump (1) 2:15 BodyBalance (2)</p> <p>Alesia Michael Wendy Betsy Ashley Danielle</p>	<p>14</p> <p>6:00 BodyPump (1) 8:30 BodyStep (1) 9:00 Aqua BC (P) 9:15 Pilates 45 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN RPM 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 SPIN 45 (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Katie Courtney Sara Deb Courtney *Lyssa Sara Michael Karen K Ashley *Shana Sara Mikaela Kristi Chris O Alesia Mikaela</p>	<p>15</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 KickBoxing (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:30 BodyAttack (1) 10:15 Barre (2) 10:30 BodyPump(1) 12:00 M&M 45 (1) 1:30 Parkinsons (3) 4:30 Barre (2) 4:30 BST/BP 75 (1) 5:45 BodyBalance (2) 5:45 Surge Strength(1) 7:00 Rest Yoga 45(2)</p> <p>Shana Kim Sara *Shana Suzanna Cassie Courtney S *Ashley Mikaela Ashley Victoria/Hollie Shana Erika Alesia Kristi Betsy Wendy</p>	<p>16</p> <p>6:00 Boot Camp 45 (1) 8:30 PureMuscle 45 (1) 9:00 Aqua BC (P) 9:15 Pilates 45 (2) 9:15 CardioStep 45(1) 10:15 Core 25 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPRINT (3) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:15 SPRINT (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Shannon *Shana Katie Karen Shana Ashley Donna Karen Ashley Hollie Courtney S *Ashley Kristi Mikaela Wendy Alesia</p>	<p>17</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 8:30 BodyStep (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 M&M 45 (1) 10:15 QiGong (2) 10:45 BodyPump (1) 1:30 Parkinsons (3) 5:30 M&M/Bootcamp 45 (1)</p> <p>Sara Sara *Whitney Karen Shana *Suzanna Bill/Linda Mikaela Wendy Courtney</p>	<p>18</p> <p>6:00 BodyPump (1) 8:30 BodyCombat (1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:15 Power Yoga (2) 10:15 Jointercize (P) 10:45 Go Low (1) 12:00 HIGH Fitness(1) 12:00 SPIN 45 (3) 1:00 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Shannon Victoria Wendy Shana *Sheila Shana Wendy Katie Betsy Mary Alex Karen Danielle</p>	<p>19</p> <p>8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:00 BodyPump (1) 9:45 Spin 45 (3) 10:15 Barre (2) 10:15 BodyAttack 45(1) 11:00 Core 25 (1) 11:30 Yoga (2)</p> <p>Courtney Suzanna Chelsea Shannon Courtney Sara Lyssa Ashley Ashley Sheila</p>
<p>20</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN 45 (3) 1:00 Yoga (2) 1:15 M&M 45 (1) 2:15 BodyPump (1) 2:15 BodyBalance (2)</p> <p>Whitney Sheila Hannah Courtney Katie Sheila</p>	<p>21</p> <p>6:00 BodyPump (1) 8:30 BodyStep (1) 9:00 Aqua BC (P) 9:15 Pilates 45 (2) 9:30 Core 25 (1) 10:00 Surge Strength(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 SPIN 45 (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Sara Courtney Suzanna Deb Courtney Betsy Courtney S Wendy Karen K Chris C Alesia Sara *Shana Kari Kristi Ashley</p>	<p>22</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 KickBoxing (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:30 BodyAttack (1) 10:15 Barre (2) 10:30 BodyPump(1) 12:00 M&M 45 (1) 1:30 Parkinsons (3) 4:30 Barre (2) 4:30 BST/BP 75 (1) 5:45 BodyBalance (2) 5:45 Pure Muscle (1) 7:00 Rest Yoga 45(2)</p> <p>Shannon Shana Shana/Monique Courtney Sara Suzanna Courtney S Ashley Sara Hollie Ashley Sara Whitney Karen Erika Karen</p>	<p>23</p> <p>6:00 Boot Camp 45 (1) 8:30 PureMuscle 45 (1) 9:00 Aqua BC (P) 9:15 Pilates 45 (2) 9:15 CardioStep 45(1) 10:15 Core 25 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPRINT (3)</p> <p>Suzanna Shana/Monique Sara Karen Hannah Hannah Donna Karen *Shana Ashley Shana</p> <p>Club Hours: 5:30 am—7:00 pm</p>	<p>24</p> <p>Happy Thanksgiving</p> <p>9:00 Spin (3)</p> <p>Chris C</p> <p>Club Hours: 7:00 am –12:00 pm</p>	<p>25</p> <p>8:30 Kickboxing (1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:15 Power Yoga (2) 10:15 Jointercize (P) 10:45 Go Low (1) 12:00 Bootcamp (1) 12:00 SPIN 45 (3) 1:00 Rest. Yoga 45 (2)</p> <p>No Class Kristi Sara Suzanna Michael Kristi *Hannah Sara Mary Alex Wendy</p> <p>Club Hours: 7:00 am—6:00 pm</p>	<p>26</p> <p>8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:05 BodyPump (1) 9:45 Spin 45 (3) 10:15 Barre (2) 10:15 BodyAttack 45(1) 11:00 Core 25 (1) 11:30 Yoga (2)</p> <p>No Class Kari Chelsea Sara Shannon Sara Kristi Ashley Ashley Kristi</p>
<p>27</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN RPM 45 (3) 1:00 Yoga (2) 1:15 M&M 45 (1) 2:15 BodyPump (1) 2:15 BodyBalance (2)</p> <p>Alesia Ashley Hannah *Erika Ashley No Class</p>	<p>28</p> <p>6:00 BodyPump (1) 8:30 BodyStep (1) 9:00 Aqua BC (P) 9:15 Pilates 45 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 Cardio Fuse (1) 6:00 Aqua (P) 6:00 SPIN 45 (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Whitney Whitney Sara Deb *Suzanna *Suzanna Courtney S Shana Sara/Hollie Sara *Shana Chelsea Betsy Katie Chris O Alesia Ashley</p>	<p>29</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 KickBoxing (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:30 BodyAttack (1) 10:15 Barre (2) 10:30 BodyPump(1) 12:00 M&M 45 (1) 1:30 Parkinsons (3) 4:30 Barre (2) 4:30 BST/BP 75 (1) 5:45 BodyBalance (2) 5:45 Surge Strength(1) 7:00 Rest Yoga 45(2)</p> <p>Shana Kim Monique *Shana Courtney S Sheila Eric Suzanna Cassie Hollie Sara Kristi Courtney Danielle Betsy Karen</p>	<p>30</p> <p>6:00 Boot Camp 45 (1) 8:30 PureMuscle 45 (1) 9:00 Aqua BC (P) 9:15 Pilates 45 (2) 9:15 CardioStep 45(1) 10:15 Core 25 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPRINT (3) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:15 SPRINT (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Shannon Hollie Sara Karen *Shana *Shana Donna Karen Shana Katie Courtney S *Mikaela Kristi Shana Sheila Alesia</p>	 <p>We are thankful for YOU!</p>		