



## Group Exercise Land Fitness November 2017

+++	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>							
	<b>BodyFlow®</b> 8:30-9:25 AM Chris	<b>Yoga</b> 8:30-9:25 AM Debby	<b>BodyFlow®</b> 8:30-9:25 AM Chris	<b>Yoga</b> 8:30-9:25 AM Debby	<b>BodyFlow®</b> 8:30-9:25 AM Chris		
	<b>Zumba®</b> 9:30-10:15 AM Chris	<b>BodyPump®</b> 9:35-10:35 AM Chris	<b>Zumba®</b> 9:30-10:15 AM Chris	<b>BodyPump®</b> 9:35-10:35 AM Chris	<b>Zumba®</b> 9:30-10:15 AM Chris	<b>BodyPump®</b> 8:30-9:30 AM Alternating	
	<b>Mid-Morning Cardio</b> 10:20-11:25 AM Beth		<b>Mid-Morning Cardio</b> 10:20-11:25 AM Beth		<b>Mid-Morning Cardio</b> 10:20-11:25 AM Beth		
	<b>Silver Sneakers</b> 11:25-12:10 PM Beth	<b>Zumba Gold®</b> 11:15-12:00 PM Maria	<b>Silver Sneakers</b> 11:25-12:10 PM Beth	<b>Zumba Gold®</b> 11:15-12:00 PM Maria	<b>Silver Sneakers</b> 11:25-12:10 PM Beth		
<b>Noon</b>							
<b>PM</b>	<b>20/20</b> 4:30-5:10 PM Kim S	<b>Cardio Pump</b> 4:30-5:00 PM Mike		<b>Cardio Pump</b> 4:30-5:00 PM Mike			
		<b>A.B.S. Class</b> 5:05-5:25 PM Mike		<b>A.B.S. Class</b> 5:05-5:25 PM Mike			
	<b>Pilates</b> 5:15-6:00 PM Marci	<b>BodyPump®</b> 5:30-6:30 PM Cheryl	<b>Barre Pilates</b> 5:15-6:00 PM Marci	<b>Yoga</b> 5:30-6:10 PM Debby			
	<b>Core to Floor</b> 6:10-6:40 PM Marci		<b>Core to Floor</b> 6:10-6:55 PM Marci				
	<b>Zumba Toning</b> 7:00-8:00 PM Yessi	<b>Zumba®</b> 7:15-8:15 PM Yessi	<b>Zumba Toning</b> 7:00-8:00 PM Yessi	<b>Zumba®</b> 7:20-8:20 PM Yessi			

### SPIN ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>						<b>RPM/Spin</b> 9:00-10:00 AM Alternating	
<b>PM</b>	<b>RPM®</b> 5:00-5:45 PM Diana	<b>Spinning</b> 5:30-6:30 PM Mike	<b>RPM®</b> 4:45-5:30 PM Diana	<b>Spinning</b> 5:30-6:30 PM Mike			
		<b>RPM®</b> 7:00-7:45 PM McKinsey		<b>RPM®</b> 7:00-7:45 PM Diana			

**\*\*SmartStart Planners available at the front desk.**

**Smart Start is a comprehensive way to begin your workout regime\*\***