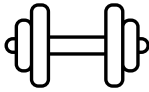




# November 2024 STUDIO 1 SCHEDULE


*Located in the front of the building*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am Supercharge Fay	6:00am BODYPUMP Tracey	5:15am Core Fusion Fay	6:00am BODYPUMP Tracey	6:00am Rise & Stretch Andrea	8:00am BODYPUMP Jen B
9:00am BODYPUMP Kim	8:00am Yoga Flow Sheila D	9:00am BODYPUMP Heather H	10:00am Pilates Tom	9:00am BODYPUMP Kim	10:30am BODYSTEP Heather H
5:30pm BODYPUMP Heather H	11:00am Boom Move Buffy	5:30pm BODYPUMP Karen	11:00am Zumba Gold Buffy	10:00am Stability & Mobility Sara R	<b>SUNDAY</b>
6:30pm Gentle Yoga Kim	5:15pm Yoga Strength Heather P		5:15pm Yoga Strength Heather P		9:00am Power Yoga Kim
			6:30pm Yin Yoga Christina L		3:45pm Gentle Yoga Jen S



## GROUP CYCLING STUDIO

*Located by the Pool, door to the left*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am Cycling Squat Team Lou	8:00am Beginner Cycling Nancy	5:15am Advanced Cycling Lou	8:00am Beginner Cycling Nancy	5:15am Cycling Squat Team Lou	9:15am RPM Sarah Y
8:00am Cycling Julie	12:00pm 30min Tom	8:00am RPM Tracey	12:00pm 30min Sarah L	8:00am Cycling Sarah L	
4:30pm RPM Sarah Y	5:30pm Cycling Dawn	4:30pm RPM Sarah	5:30pm RPM Andrea		



# November 2024 STUDIO 2 SCHEDULE



Follow the green dots to the back of the Y near the Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am Retro Fit Carol	7:00am Pilates Nancy	9:00am Retro Fit Carol	7:00am Pilates Nancy	8:00am BODYCOMBAT Heather H	9:15am Turn Up Dance Joy
10:00am Chair Yoga Sheila B	9:00am BODYSTEP Sara D	10:00am Chair Zumba Buffy	9:00am BODYSTEP Sara D	10:00am Chair Zumba Buffy	
11:00am Zumba Gold Ann	10:00am Silver Sneakers Carol	11:00am Zumba Gold Ann	10:00am Silver Sneakers Carol	11:00am Zumba Gold Ann	
	11:00am Chair Yoga Judith	12:15pm Gentle Yoga Jen S	11:00am Chair Yoga Judith		<b>SUNDAY</b>
4:30pm Retro Step Christina T	12:00pm Yoga for All Judith		12:00pm Yoga for All Judith		7:15am Retro Step Christina T
		5:30pm Zumba Toning Kait			8:15am Pilates Christina T
6:15pm Zumba Laura	4:30pm Pilates Christina T		5:30pm BODYCOMBAT Heather H		9:30am BODYCOMBAT Young
	5:30pm BODYCOMBAT Young		6:15pm Turn Up Dance Ayla		
	6:15pm Turn Up Dance Joy				

## KIDS' CORNER

Monday thru Friday  
8:45AM - 1:00PM  
4:00PM - 7:30PM

Saturday  
8:45am - 12pm



## AQUA CLASSES

Located in the Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am Aqua Workout Dawn	9:00am Beginner Aqua Nancy		9:00am Beginner Aqua Nancy	9:00am Aqua Workout Holly
10:00am Aqua Workout Dawn	10:00am Adv. Deep Water Workout Nancy	10:00am Aqua Workout Dawn	10:00am Adv. Deep Water Workout Nancy	10:00am Aqua Workout Holly
		2:00pm Aqua HIIT Jordan		