

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER

1 5:30p PILATES

A 5:30a Bar & Burn	Jackie
T 5:30a INTERVAL RUN	Ste/Katie
A8:30a Cardio Meltdown	Brenda
B 8:30a Power Yoga	Laura
A 9:30a Active Aging	Jodie
B 9:30a Bar-lates	Carroll
A 4:30p SCULPT	Brenda
B 5:30p Pilates	Paula
A 5:35p HIIT Circuit 30	Travis

Jackie
Ste/Katie
Brenda
Laura
Jodie
Carroll
Brenda
Paula
Travis

2

A 5:15a TRX	Kay
C 5:30a Cycle PLUS	Mary kat
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle	Amy
A 8:30a ZUMBA DUO	MK/Dany
A 9:35a Low Impact	Brenda
B 9:40a Yoga	Lisa
A5:00p Jungle Body	Angel

Kay
Mary kat
Dee
Amy
MK/Dany
Brenda
Lisa
Angel

3

C 8:30a Cycle	Amy
T 9:00 S.O.S	Jan
A 9:00 FIT CAMP	Ashley
B 9:35a Yoga	Willemijn

This Saturday Has You Covered!!!

4

C 3:00p Cycle	Phillip
A 4:00p FIRE	Desiree
B 4:00p Yoga	Dee

Burn Off Those Wkd Calories 4pm FIRE!

5

C 530a 30TK/ 30 Weights	Zel
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle	Leigh Anne
A 8:30a FIRE	Desiree
A 9:35a Low Impact	Jodie
B 9:40a Yoga	Margree
A 10:45a Active Aging	Sharon
A 4:30p FIRE	Desiree
A 5:35p Turbo Kick	Mary Kat
C 5:45p Power Cycle	Amy B

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A 5:30a Training Camp	Brenda
A 8:30a Turbo Kick	Mary Kat
B 8:30a Power Yoga	Amy D
A 9:35a Bar and Burn	Jackie
A 4:30p FIT CAMP	Ashley J
A 5:35p Tabata Step	Brenda

7 4:30p Box Intervals

A 5:15a FIRE	Jamie/Des
B 8:00a Yoga	Paula
C 8:15a Cycle(45)	Mary Kat
A 8:30a Muscle Mix	Leigh Anne
A 9:35a Sculpt Lite	Mary Kat
A 4:30p BOX INTERVALS	Travis
C 5:30p Cycle	Ron
A 5:35p Turbo Kick	Zel

8 5:30p PILATES

A 5:30a Bar & Burn	Jackie
T 5:30a INTERVAL RUN	Ste/Katie
A8:30a Cardio Meltdown	Brenda
B 8:30a Power Yoga	Amy D
A 9:30a Active Aging	Jodie
B 9:30a Bar-lates	Carroll
A 4:30p SCULPT	Brenda
B 5:30p Pilates	Paula
A 5:35p AB Circuit 30	Ashley

9

A 5:15a TRX	Kay
C 5:30a Cycle PLUS	Mary Kat
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle	Amy
A 8:30a SCULPT 60	Brenda
A 9:35a Low Impact	Brenda
B 9:40a Yoga	Lisa

10

C 8:30a Cycle	Ron
A 9:00a 20/20/20	Brenda
B 9:35a Yoga	Margree

START Your Weekend With One SUPER WORKOUT!

11

C 3:00p Bike Box Lift	Trav/MK
A 4:00p Tabata Step	Brenda
B 4:00p Yoga	Willemijn

4pm Yoga w/Willemijn!!

12

C 530a 30TK/ 30 Weights	Zel
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle PLUS	Leigh Anne
A 8:30a FIRE	Desiree
A 9:35a Low Impact	Jodie
B 9:40a Yoga	Margree
A 10:45a Active Aging	Sharon
A 4:30p Circuit training	Desiree
A 5:35p Turbo Kick/Step	Mary Kat
C 5:45p Power Cycle	Amy B/Josh

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A 5:30 Training Camp	Brenda
A8:30a Turbo Kick	Mary Kat
B 8:30a Power Yoga	Amy D
A 9:35a Bar and Burn	Jackie
A 4:30p FIT CAMP	Ashley J
A 5:35p Tabata Step	Brenda

14 4:30p Bike Box Lift

A 5:15a FIRE	Jamie/Des
B 8:00a Yoga	Paula
C 8:15a Cycle(45)	Mary Kat
A 8:30a Muscle MIX	Leigh Anne
A 9:35a Sculpt Lite	Mary Kat
A 4:30p Bike Box Lift	Travis/Amy
C 5:30p Cycle	Ron/Josh
A 5:35p Turbo Kick	Zel

15 5:30p PILATES

A 5:30a Bar and Burn	Jackie
T 5:30a METRO MILERS	Ste/Katie
A8:30a Cardio Meltdown	Brenda
B 8:30a Power Yoga	Amy
A 9:30a Active Aging	Jodie
B 9:30a Bar-lates	Carroll
A 4:30p SCULPT	Brenda
B 5:30p Pilates	Paula
A 5:35p HIIT Circuit 30	Travis

16

A 5:15a TRX	Kay
C 5:30a Cycle PLUS	Mary Kat
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle (60)	Amy
A 8:30a ZUMBA DUO	MK/Dany
A 9:35a Low Impact	Brenda
B 9:40a Yoga	Lisa
A5:00p Jungle Body	Angel

17

C 8:30a Cycle	Phillip
T 9:00 S.O.S	Jan
A 9:00a	
B 9:35a Yoga	Lisa

Burn Off Those Wkd Calories! 8:30a Cycle!

18

C 3:00p Cycle	Amy
A 4:00p FIRE	Des/Jam
B 4:00p Power Yoga	Amy D

*End Your Weekend With a WORKOUT!!!!!!
3 great classes
4 awesome instructors!!*

19

C 5:30a 30 TK/ 30	Zel
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle	Leigh Anne
A 8:30a FIRE	Desiree
A 9:35a Low Impact	Jodie
B 9:40a Yoga	Margree
A 10:45a Active Aging	Sharon
A 4:30p FIRE	Desiree
A 5:35p Turbo Kick/Step	Mary Kat
C 5:45p Power Cycle	Amy B

20

A 5:30a Training Camp	Brenda
A 8:30a Turbo Kick	Mary Kat
B 8:30a Power Yoga	Amy D
A 9:35a Bar and Burn	Jodie
A 4:30p FIT CAMP	Travis
A 5:35p Tabata Step	Brenda

21 Close at 6pm

A 5:15a FIRE	Jaime/Des
B 8:00a Yoga	Paula
C 8:15a Cycle	Mary Kat
A 8:30a Turkey BURN!	Leigh Anne
A 9:35a Sculpt Lite	Mary Kat
C 4:30p BOX INTERVALS	Travis

22 CLUB CLOSED



23 Open 7am-8pm

B 8:00a Stretch Yoga	Dee
C 8:15a Turkey Burner Spin	Amy
A 8:30a Turkey Detox! Turbo Kick/ Step/Intervals	Mary Kat
B 9:40a Yoga	Lisa

24

T 6:00a Metro	Ste/Katie
C 8:30a Cycle	Zel
A 9:00 Tabata	Phillip
B 9:35a Yoga	Lisa

9:35am Yoga w/Lisa!

25

C 3:00p Cycle	MK/Josh
A 4:00p P90X	Brenda
B 4:00 Yoga	Dee

END Your Weekend WORKOUT!

26

C 5:30a 30 TK/30Weights	Zel
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle	Leigh Anne
A 8:30a FIRE	Desiree
A 9:35a Low Impact	Jodie
B 9:40a Yoga	Margree
A 10:45a Active Aging	Sharon
A 4:30p Circuit Training	Desiree
A 5:35p Turbo Kick/Step	Mary Kat
C 5:45p Power	Amy

27

A 5:30a Training Camp	Brenda
A 8:30a Turbo Kick	Mary Kat
B 8:30a Power Yoga	Amy D
A 9:35a Bar and Burn	Jackie
A 4:30p FIT CAMP	Ashley J
A 5:35p Tabata Step	Brenda

28 4:30p Bike Box Lift

A 5:15a FIRE	Jaime/Des
B 8:00a Yoga	Paula
C 8:15a Cycle	Mary Kat
A 8:30a Muscle Mix	Leigh Anne
A 9:35a Sculpt Lite	Mary Kat
C 4:30p Bike Box Lift	Travis/Amy
A 5:35p Turbo Kick	Zel
C 5:30p Cycle	Ron

29

A 5:30a Bar and Burn	Jackie
T 5:30a METRO MILERS	Ste/Katie
A8:30a Cardio Meltdown	Brenda
B 8:30a Power Yoga	Amy D
A 9:30a Active Aging	Jodie
B 9:30a Bar-lates	Carroll
A 4:30p SCULPT	Brenda
B 5:30p Pilates	Paula
A 5:35p AB Circuit 30	Ashley

30

A 5:15a TRX	Kay
C 5:30a Cycle PLUS	Mary Kat
B 8:00a Stretch Yoga	Dee
C 8:15a Cycle (60)	Amy
A 8:30a OFF THE HOOK!	Mk
A Rocky Inspired class	Leigh A
A 9:35a Low Impact	Brenda
B 9:40a Yoga	Lisa
A5:00p Jungle Body	Angel

