

# WEEKLY GROUP FITNESS SCHEDULE

## November

CLASS TIMES	MON	TUES	WED	THURS	FRI	SAT
8:00-9:00 am	Get Fit 8:00-8:45 am	Express Pilates 8:00-8:30 am	Get Fit 8:00-8:45 am	Restorative Stretch 8:15-9:15 am	Get Fit 8:00-8:45 am	
8:30-9:30 am		Barre 8:45-9:30 am	Core Stretch 8:45-9:15 am			
9:00-10:00 am	Zumba				Zumba	Zumba
9:30-10:30 am		Yoga 9:45-10:45 am		Barre 9:30-10:15 am		
10:30-11:30 am				POUNDHIIT 10:30-11:15 am		
5:30-6:30 pm		H.I.I.T 5:30-6:15 pm				
6:00-7:00 pm	Pound Fit 6:00-6:45 pm		Pound Fit 6:00-6:45 pm			
6:30-7:30 pm		Zumba		Yoga		

Color coded classes have free child care available.