

November WEEKEND SCHEDULE

Saturday	7	14	21	28
GROUP EX				
8:30-9:15  LES MILLS BODYPUMP	Heather	Melissa	Pam	Pam
9:30-10:00 LES MILLS CXWORX	Lacey	Saana	Pam	Saana
11:15-12:00 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa
8:30-9:15 SPIN	Lacey	Lee	Rogerick	Angie
9:30-10:15 AQUA Rotation	Julia	Donna	Amy	Amy
9:30-10:15 OUTDOOR CLASS THIS MONTH ONLY!	<i>Yoga</i> Jennifer	<i>Yoga</i> Jennifer	<i>Yoga</i> Jennifer	NONE
Sunday	8	15	22	29
1:30-2:15 Step Express	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer
2:30-3:15  LES MILLS BODYPUMP	Heather	Pam	Heather	Heather
3:30-4:15 Yoga	Jennifer	Jennifer	Jennifer	Jennifer