Group Fitness Schedule Nov 9-25

All classes will be held in the small aerobics room and capped at 20 people.

	Monday Nov 9	Tuesday Nov 10	Wednesday Nov 11	Thursday Nov 12	Friday Nov 13	Saturday Nov 14	Sunday Nov 15
6:15am	Yoga |Ashley	Surge Strength | Anna	CLOSED	Surge Strength | Anna			
7am	Dance Fitness | Anna	High Low | Anna	VETERAN'S DAY	High Low | Jen			
8am	Get Fit | Anna	Might & Mobility | Renee		Cardio Barre | Jen	Stronger | Jen	Surge Strength |Anna	
9am	Sculpt | Kami				High Low | Jen	Barre-lates | Tonja	
10am		Body Technique | Marsha		Yoga | Stefani		Pop Pilates | Brittney	Get Fit | Lizel
10:30am	Yoga | Amber						
11am						Stretch | Amber	11:15|Bolly X | Linda
1pm							
5pm		Foam Roll | Michelle		4:30pm|Yoga | Rolf			
5:30p		Stronger | Michelle		Cardio Intervals | Brittney			
6:30p		Barre-lates | Tonja		Barre-lates | Tonja			

	Monday Nov 16	Tuesday Nov 17	Wednesday Nov 18	Thursday Nov 19	Friday Nov 20	Saturday Nov 21	Sunday Nov 22
6:15am	Yoga |Ashley	Surge Strength | Anna	Yoga | Lizel	Surge Strength | Anna			
7am	Dance Fitness | Anna	High Low | Anna		High Low | Anna			
8am	Get Fit | Anna	Might & Mobility | Renee	Stronger | Jen	Cardio Barre | Jen	Stronger | Jen	Surge Strength |Anna	
9am	Sculpt | Kami		High Low | Jen		Dance Fitness | Jacque	Barre-lates | Tonja	
10am		Body Technique | Marsha		Yoga | Stefani		Pop Pilates | Brittney	Barre | Elisha
10:30am	Yoga | Amber						
11am						Stretch | Amber	11:15|Bolly X | Linda
1pm			Yoga | Amber				
5pm				4:30pm|Yoga | Rolf			
5:30p		High-Low | Elisha	Stronger | Brittney	Cardio Intervals | Brittney			
6:30p		Barre-lates | Tonja	High Low | Elisha	Barre-lates | Tonja			
7:30pm			Yoga | Ashley				

	Monday Nov 23	Tuesday Nov 24	Wednesday Nov 25	Thursday Nov 26	Friday Nov 27	Saturday Nov 28	Sunday Nov 29
6:15am	Yoga |Ashley	Surge Strength | Anna	Yoga | Ashley	CLOSED THANKSGIVING			
7am	Dance Fitness | Anna	High Low | Anna				**Back to regular schedule!**	
8am	Get Fit | Anna	Might & Mobility | Renee					
9am	Sculpt | Kami		High Low Turkey Burn | Elisha				
10am		Body Technique | Marsha					
10:30am	Yoga | Amber						
11am							
1pm			Yoga | Stefani				
5pm							
5:30p		Barre | Elisha					
6:30p							
7:30pm							