



November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8:15a Yoga w/ Tiffany 1	7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Erin 2
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND 4	8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 5	5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga 6	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation 7	8:15a Yoga 8	7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Heather C 9
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND 11	8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 12	5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga 13	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata 14	8:15a Yoga 15	7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather 16
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND 18	8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 19	5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga 20	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation 21	8:15a Yoga 22	7:00a H.I.R.T. 7:30a Waisted 8:15a Yoga w/ Jen 23
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p AMPD Fusion 25	8:15a Barre w/ Tiff 9:30a Silver Sneakers w/ Tiff 5:30p AMPD Fusion 26	5:00a H.I.I.T. 8:15a Muscle Works 5:15p Tabata w/ Heather 27	NO CLASS HAPPY THANKSGIVING 28	NO CLASS 29	7:00a H.I.R.T. 7:30a Waisted 8:15a NO CLASS 30

Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$37.95/Month plus tax.

Group Exercise Membership: **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$33.95/Month.

Group Exercise Punch Card or Drop In: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$8.

Cycling Class: Pre registration Required - Class registration will open each Saturday for the following week's classes.