

# GROUP~FITNESS November

## Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		<b>Core and More</b> Aisha					
9:00am		<b>Zumba</b> Lynette	<b>Bosu Bootcamp</b> Aisha			<b>Body by Barre</b> Susan	<b>20/20/20</b> Susan
10:00am						<b>Cardio Drumming</b> Susan	<b>Barbell Blast</b> Susan
11:00am			<b>Senior Yoga</b> Regina	<b>Senior Classic</b> Lynette	<b>Senior Yoga</b> Regina		

## Afternoon Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00pm		<b>Zumba Gold</b> Elone	<b>Slow Flow Yoga</b> Heather	<b>Boot Camp</b> Susan			
6:00pm	<b>Gutts &amp; Butts</b> Susan	<b>Cardio Drumming</b> Elone	<b>Pilates</b> Susan	<b>Basic Yoga</b> Regina			
7:00pm	<b>Tabata</b> Susan	<b>Slow Flow Yoga</b> Karen	<b>Zumba</b> Rosa				

## Fitness Punch Passes Available!

### 6 Visit Passes

#### Members

Boarding Pass Plus: \$30.00  
Boarding Pass: \$36.00  
Drop-In: \$9

#### Special Class Deal:

Members: Unlimited  
Class pass until  
12/31/20 - Just

**\$45!!!!**

#### Non-Members

Resident: \$42.00  
Non-Resident: \$48.00  
Drop-In: \$9