

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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|---------------------|--|---|---|--|--|--------------------------|---|----------|
| 1 | 2 | 3 5:30a BOOTCAMP | | 4 | 5 | 6 Tai Chi 10:45am | | 7 |
| B 4:00p Yoga Dee | C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle Leigh Anne A 8:30a FULL BODY Mary Kat A 9:35a Low Impact Jodie B 9:35a Yoga Margree A 4:30p Strength Circuit Brenda A 5:35p Turbo Kick Mary Kat C 5:45p Power Cycle Amy | A 5:30a BOOTCAMP Ste/Katie A 5:30a SCULPT Brenda A 8:30a Turbo Kick Mary Kat B 8:30a Dynamic Flow Rebecca B 9:35a Core Conditioning 30 Mary Kat A 9:35a Bar and Burn Jackie A 1:05p Tai Chi Peggy A 4:30p FIT CAMP Katie A 5:35p 20/20/20 Brenda | A 5:30a METRO MILERS Ste/Katie B 8:00a Yoga 90 Margree C 8:15a Cycle(45) Mary Kat A 8:30a Muscle MIX Leigh Anne A 9:35a Sculpt Lite Delisa A 4:30p BOX INTERVALS Travis C 5:30p Cycle Emily A 5:35p Turbo Kick Zel | A 5:30a Bar and Burn Jackie T 5:30a Func Training Ste/Katie B 8:15a Power Yoga David A8:30a STEP IT UP Brenda A 9:35a BAR-Lates Jodie A 4:30p Cardio BLAST Brenda B 4:30p Pilates Paula B 5:35p Yoga Paula A 5:35p P90X Phillip | T 5:15a TRX Kay T 6:30a TRX 101 Kay B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle (60) Emily A 8:15a Func Training Leigh A A 9:30a Core Conditioning 30 Leigh A B 9:35a Yoga Lisa A 10:45a Tai Chi Peggy A5:15p Jungle Body Angel | | A 8am BOOTCAMP Brenda C 8:30a Cycle Zel T 9:00a SOS Jan B 9:35a Yoga Paula | |

END Your Weekend
With One SUPER
Yoga Class!

9:35am Yoga
w/ Paula!

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|---------------------|--|--|---|---|---|---------------------------|---|-----------|
| 8 | 9 | 10 4:30pm Cycle+ BOOTCAMP | | 11 | 12 | 13 Tai Chi 10:45am | | 14 |
| B 4:00p Yoga Dee | C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle Leigh A A 8:30a FULL BODY Mary Kat A 9:35a Low Impact Jodie B 9:35a Yoga Margree A 4:30p Strength Circuit Brenda A 5:35p Turbo Kick Zel C 5:45p Power Cycle Amy | A 5:30a BOOTCAMP Ste/Katie A 5:30a SCULPT Brenda A 8:30a Turbo Kick Mary Kat B 8:30a Dynamic Flow Rebecca B 9:35a Core Conditioning 30 Leigh A A 9:35a Bar and Burn Jackie A 1:05p Tai Chi Peggy A 4:30p Cycle+BOOTCAMP Emily A 5:35p 20/20/20 Brenda | A 5:30a METRO MILERS Ste/Katie B 8:00a Yoga 90 Margree C 8:15a Cycle(45) Mary Kat A 8:30a Muscle MIX Leigh Anne A 9:35a Sculpt Lite Delisa A 4:30p BOX INTERVALS Travis C 5:30p Cycle Phillip A 5:35p Turbo Kick Zel | A 5:30a Bar and Burn Jackie T 5:30a Func Training Ste/Katie B 8:15a Power Yoga David A8:30a STEP IT UP Brenda A 9:35a BAR-Lates Jodie A 4:30p Cardio BLAST Brenda B 4:30p Pilates Paula B 5:35p Yoga Paula A 5:35p HIIT & RUN Mary Kat | T 5:15a TRX Kay T 6:30a TRX 101 Kay B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle (60) Emily A 8:15a Func Training Leigh A A 9:30a Core Conditioning 30 Emily B 9:35a Yoga Lisa A 10:45a Tai Chi Peggy | | A 8am BOOTCAMP Brenda C 8:30a Cycle Phillip T 9:00a SOS Jan B 9:35a Yoga Rebecca | |



4pm Yoga
w/Dee!

START Your Weekend
With One SUPER
WORKOUT!

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|---------------------|--|---|---|--|--|----------------------------|---|-----------|
| 15 | 16 | 17 5:30a BOOTCAMP! | | 18 | 19 | 20 Tai Chi 10:45amK | | 21 |
| B 4:00p Yoga Dee | C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle Leigh A A 8:30a FULL BODY Mary Kat CONDITIONING A 9:35a Low Impact Jodie B 9:35a Yoga Margree A 4:30p Strength Circuit Brenda A 5:35p Turbo Kick Zel C 5:45p Power Cycle Amy | A 5:30a BOOTCAMP Ste/Katie A 5:30a SCULPT Brenda A8:30a Turbo Kick Mary Kat B 8:30a Dynamic Flow Rebecca B 9:35a Core Conditioning 30 Mary Kat A 9:35a Bar and Burn Jackie A 1:05p Tai Chi Peggy A 4:30p FIT CAMP Katie A 5:35p Cardio Step Brenda | A 5:30a METRO MILERS Ste/Katie B 8:00a Yoga 90 Margree C 8:15a Cycle(45) Mary Kat A 8:30a Muscle MIX Leigh Anne A 9:35a Sculpt Lite Delisa A 4:30p BOX INTERVALS Travis C 5:30p Cycle Emily A 5:35p Turbo Kick Zel | A 5:30a Bar and Burn Jackie T 5:30a Func Training Ste/Katie B 8:15a Power Yoga David A8:30a STEP IT UP Brenda A 9:35a BAR-Lates Jodie A 4:30p Cardio BLAST Brenda B 4:30p Pilates No Class No Class A 5:35p Yoga Phillip A 5:35p KETTLEBELLS Phillip | T 5:15a TRX Kay T 6:30a TRX 101 Kay B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle (60) Emily A 8:15a Func Training Leigh A A 9:30a Core Conditioning 30 Emily B 9:35a Yoga Lisa A 10:45a Tai Chi Peggy A5:15p Jungle Body Angel | | A 8am BOOTCAMP Katie C 8:30a Cycle Mary Kat T 9:00a SOS Jan B 9:35a Yoga Rebecca | |

This
SUNDAY Has
You
Covered!!!

Put A Spin
On Your Saturday
8:30a Cycle
With !

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|---------------------|--|--|---|---|--|---|--|--|--|---|--|
| 22 | 23 | 24 4:30PM Cycle+ BOOTCAMP | | 25 Club hours 5am-6pm | | 26 Happy Thanksgiving! | | 27 Club hours 7am-8pm | | 28 IRON BOWL SPIN! | |
| B 4:00p Yoga Dee | C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle LeighAnne A 8:30a FULL BODY Mary Kat CONDITIONING A 9:35a Low Impact Jodie B 9:35a Yoga Margree A 4:30p Strength Circuit Brenda A 5:35p Turbo Kick Zel C 5:45p Power Cycle Amy | A 5:30a BOOTCAMP Ste/Katie A 5:30a SCULPT Brenda A8:30a Turbo Kick Mary Kat B 8:30a Dynamic Flow Rebecca B 9:35a Core Conditioning 30 Leigh A A 9:35a Bar and Burn Jackie A 1:05p Tai Chi Peggy A 4:30p Cycle+BOOTCAMP Emily A 5:35p Tabata Step Brenda | A 5:30a METRO MILERS Ste/Katie B 8:00a Yoga 90 Margree C 8:15a TURKEY BURN Mary Kat Cycle! A 8:30a GOBBLE til you Leigh Anne WOBBLE! A 9:35a Sculpt Lite Mary Kat A 4:30p BOX INTERVALS Travis |  | |  | | B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle (60) Emily A 8:30a Black Friday Special Brenda Tabata/P90X/ Core | | A 8am BOOTCAMP Emily C 8:30a Iron Bowl Spin Phillip B 9:35a Yoga Margree | |

4pm Yoga
w/Dee!

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|--|--|----------------------------|--|--|--|--|--|--|--|--|--|
| 29 | 30 | NOVEMBER NOVEMBER NOVEMBER | | | | | | | | | |
| B 4:00p Yoga Dee End Your Weekend With THIS WORKOUT!!!!!! | C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle Leigh A A 8:30a FULL BODY COND Mary Kat A 9:35a Low Impact Jodie 9:35a Yoga Margree A 4:30p Strength Circuit Brenda A 5:35p Turbo Kick Mary Kat | | | | | | | | | | |

