



November Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
8:30 am - 9:20 am Water Aerobics – Joanne	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am *Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Joanne 8:30 am – 9:20 am Spin & Strength - Dina 9:30 am – 10:20 am *Muscle Sculpt – Tia 12:00-12:45 – Yoga with Weights- Meghan 5:30 pm – 6:15 pm *Cycle for Fitness -Carlo Studio iii 6:30 pm - 7:20 pm Bollywood Dance - Minoo	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga - Betty 8:30 am – 9:20 am *HIIT - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm - 6:20 pm Zumba - Liu 6:30 pm – 7:20 pm *Pilates with Reformer – Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Gentle Yoga - Sharon 8:30 am – 9:20 am Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Tia 8:30 am – 9:20 am *Spin and Strength – Dina - Studio iii 9:30 am – 10:20 am Core - Tia 9:30 am – 10:20 am Water Aerobics - Joanne 10:30 am – 11:20 am *Gentle Stretch – Christine 12:00-12:45- Hiit and Strength- Meghan 5:30 pm – 6:20 pm Muscle Sculpt – Heather	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou - Studio iii 8:30 am – 9:20 am Balance – Lana 8:30 am – 9:20 am Water Aerobics - Joanne 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Theresia 4:30 pm - 5:20 pm Barre - Jill 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii 5:30 pm - 6:20 pm Zumba - cancelled 6:30 pm -7:20 pm *Pilates with Reformer – Cou – Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 8:50 am *Gentle Yoga - Betty 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Muscle Sculpt – Lana 10:30 am - 11:20 am Gentle Stretch - Tia	8:30 am – 9:20 am Water Aerobics - Christine 8:30 am – 9:20 am *Cycle – Dina- Studio iii 9:30 am – 10:20 am Muscle Sculpt – Theresia 10:30-11:20- Barre- Jill

*Member Only Class

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3	4	5	6	7	8	9
8:30 am - 9:20 am Water Aerobics – Joanne 10:30-11:25 - Barre- Jill	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am *Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Joanne 8:30 am – 9:20 am Strength - Dina 9:30 am – 10:20 am *Muscle Sculpt – Heather 12:00-12:45 Yoga with Weights - Meghan 6:30 pm - 7:20 pm Bollywood Dance - Minoos	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am Yoga - Joanne 8:30 am – 9:20 am *HIIT - Dina 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am Water Aerobics – Joanne 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm - 6:20 pm Zumba - Liu 6:30 pm – 7:20 pm Pilates with Reformer - Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Gentle Yoga - Sharon 8:30 am – 9:20 am Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Heather 8:30 am – 9:20 am *Spin and Strength - Dina 9:30 am – 10:20am Core - Heather 10:30 am – 11:20 am *Gentle Stretch – Sharon 12:00- Hiit and Strength- Megan 5:30 pm – 6:20 pm Muscle Sculpt - Heather	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou - Studio iii 8:30 am – 9:20 am Balance – Lana 8:30 am – 9:20 am Water Aerobics - Joanne 8:30 am – 9:20 am *Tabata - Dina 9:30 am – 10:20 am Water Aerobics – Joanne 9:30 am – 10:20 am Strength – Lana 10:30-11:20 Zumba - Theresia 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii 5:30 pm - 6:20 pm Zumba –Theresia *6:30 pm - 7:20 pm Pilates with Reformer – Cou - Studio iii	6 am – 6:50am *Cycle – Thomas – Studio iii 7:00 am – 8:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning - Dina 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am *Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch - Sharon	8:30 am – 9:20 am Water Aerobics - Heather 8:30 am – 9:20 am *Cycle – Dina - Studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30-11:20- Barre-Jill

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10	11	12	13	14	15	16
8:30 am - 9:20 am Water Aerobics – Joanne 10:30-11:20- Barre-Jill	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga – Sharon 8:30 am – 9:20 am *Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Joanne 8:30 am – 9:20 am Spin & Strength – Dina - Studio iii 9:30 am – 10:20 am *Muscle Sculpt – Heather 12:00- 12:45-Yoga with Weights- Meghan 6:30 pm - 7:20 pm Bollywood Dance - Minoos	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga - Betty 8:30 am – 9:20 am *HIIT - Dina 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am Water Aerobics – Joanne 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Yoga - Evi 5:30 pm - 6:20 pm Zumba - Liu 6:30 pm – 7:20 pm *Pilates with Reformer – Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Gentle Yoga - Sharon 8:30 am – 9:20 am Mat Pilates- Cou 8:30 am – 9:20 am Water Aerobics – Christine 8:30 am – 9:20 a m *Spin and Strength - Dina 9:30 am – 10:20 am Core - Cancelled 10:30 am – 11:20 am Gentle Stretch – Christine 12:00-12:45- Hiit and strength- Meghan 5:30 pm – 6:20 pm Muscle Sculpt – Member Mixer no classes	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou- Studio iii 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Water Aerobics - Joanne 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Theresia 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii 5:30 pm - 6:20 pm Zumba - Liu *6:30 pm - 7:20 pm Pilates with Reformer – Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 8:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am *Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch - Christine	8:30 am – 9:20 am Water Aerobics - Christine 8:30 am – 9:20 am *Cycle – Heather Studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30- Barre- Jill

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17	18	19	20	21	22	23
8:30 am - 9:20 am Water Aerobics – Joanne 10:30 -11:20 Barre- Jill	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am *Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics- Joanne 8:30 am – 9:20 am Spin & Strength – Dina - studio iii 9:30 am – 10:20 am *Muscle Sculpt – Heather 12:00-12:45- Yoga with Weights -Meghan 5:30 pm – 6:15 pm *Cycle for Fitness - Studio iii - Dina 6:30 pm - 7:20 pm Bollywood Dance - Minoos	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga - Joanne 8:30 am – 9:20 am *HIIT - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am Water Aerobics – Joanne 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm – 6:20 pm Zumba - Liu 6:30 pm – 7:20 pm *Pilates with Reformer – Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Gentle Yoga - Sharon 8:30 am – 9:20 am Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Tia 8:30 am – 9:20 am *Spin and Strength - Dina Studio iii 9:30 am – 10:20 am Core - Tia 10:30 am – 11:20 am *Gentle Stretch – Christine 12:00-12:45- Hiit with Strength- Meghan 5:30 pm – 6:20 pm Muscle Sculpt - Heather	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou - Studio iii 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Water Aerobics - Christine 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Liu 4:30 pm - 5:20 pm Barre - Jill 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio 3 5:30 pm - 6:20 pm Zumba - Liu *6:30 pm - 7:20 pm Pilates with Reformer – Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 8:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning – Tia 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am *Muscle Sculpt - Heather 10:30 am - 11:20 am Gentle Stretch - Christine	8:30 am – 9:20 am Water Aerobics – Christine 8:30 am – 9:20 am *Cycle – Heather - Studio iii 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30- Barre-Jill

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24	25	26	27	28	29	30
8:30 am - 9:30 am Water Aerobics- Joanne 10:30-11:20- Barre- Jill	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am *Mat Pilates- Cou 8:30 am – 9:20 am Water Aerobics – Heather 8:30 am – 9:20 am Spin & Strength – Dina - Studio iii 9:30 am – 10:20 am *Muscle Sculpt – Heather 12:00-12:45-Yoga with Weight Meghan 5:30 pm – 6:15 pm *Cycle for Fitness - Carlo – Studio iii 6:30 pm - 7:20 pm Bollywood Dance – Minoo	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Yoga - Betty 8:30 am – 9:20 am *HIIT - Tia 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am Water Aerobics – Joanne 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm – 6:20 pm Zumba - Liu 6:30 pm – 7:20 pm *Pilates with Reformer – Cou - Studio iii	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Gentle Yoga - Sharon 8:30 am – 9:20 am Mat Pilates - Cou 8:30 am – 9:20 am Water Aerobics - Tia 8:30 am – 9:20 am *Spin and Strength - Dina Studio iii 9:30 am – 10:20 am Core - Tia 9:30 am – 10:20 am Water Aerobics – pool reserved 10:30 am – 11:20 am *Gentle Stretch – Christine 12:00-12:45- 5:30 pm – 6:20 pm Muscle Sculpt - Heather	6 am – 6:50 am *Cycle-Thomas-Studio iii -Happy Thanksgiving Join us for a Turkey Burner 9:00 Tabata- Tia 9:30 Muscle Sculpt- Heather 10:30 Stretch- Tia	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 8:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning – Tia 8:30 am – 9:20 am Water Aerobics - Joanne 9:30 am – 10:20 am- Tia 9:30 am – 10:20 am *Muscle Sculpt - 10:30 am - 11:20 am Gentle Stretch - Christine	8:30 am – 9:20 am Water Aerobics – Joanne 8:30 am – 9:20 am *Cycle – Tom 9:30 am – 10:20 am Muscle Sculpt – cancelled 10:30- Barre- Jill

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