


# NOVEMBER 2024, FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>STRENGTH</b> 6-7am	<b>No classes</b> Wed. Nov. 27	<b>No classes</b> Thurs. Nov. 28  <b>STRENGTH</b> 6-7am	<b>No classes</b> Fri. Nov. 29  <b>STRENGTH &amp; STRETCH</b> 6-7am	<b>No Class</b> Sat. Nov. 2 & 30
<b>No classes</b> Mon. Nov. 11  <b>STEP/SCULPT</b> 9:30-10:30am	<b>EASY DOES IT</b> FIT PARTY 9-10am	<b>TOTAL BODY</b> 9:30-10:30am	<b>EASY DOES IT</b> STRENGTH 9-10am	<b>INTERVAL</b> 9:30-10:30am	<b>HIIT &amp; STRETCH</b> 9-9:45am
<b>EASY DOES IT</b> HI-LO 10:35-11:35am	<b>BALL</b> 10-10:30am  <b>EASY DOES IT</b> BALANCE 10:35-11:05am	<b>EASY DOES IT</b> STRENGTH 10:35-11:35am	<b>EASY DOES IT</b> ZUMBA GOLD 10:05-11:05am	<b>EASY DOES IT</b> BALANCE 10:35-11:35am	
		<b>EASY DOES IT</b> RELAX AND REJUVENATE 11-11:45am  <b>*SENIOR LINE DANCE</b> 12:45-1:45pm	<b>EASY DOES IT</b> GENTLE FLEX & STRETCH 11-11:45am		
<b>BASIC STEP w/WEIGHTS</b> 5:45-6:30pm		<b>YOGA</b> 5:30-6:30pm	<b>STRENGTH &amp; CONDITION</b> 5:45-6:30pm		
<b>CORE</b> 6-6:30pm	<b>FLEXIBILITY &amp; MOBILITY</b> 6-6:30pm	<b>STRENGTH</b> 6-6:30pm			
<b>BARRE</b> 6:30-7:15pm	<b>STRENGTH &amp; CONDITION</b> 6-6:45pm  <b>PILATES</b> 6:30-7pm	<b>STRETCH</b> 6:30-7pm			
<b>*ZUMBA W/ Queenie</b> 6:30-7:30pm		<b>*ZUMBA W/ Priscila</b> 6:45-7:45pm	<b>WERQ</b> 6:30-7:30pm	<b>*LINE DANCE W/ Denise</b> 6:30-7:30pm	<b>FEES ON BACK</b> *Daily fee per class