



DROP-IN FITNESS CLASSES

November 2022

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---|--|---|---|
| | | <p>1</p> <p>9:30 - 10:30 AM Easy Adult Fitness Ruth</p> <p>12:15 - 12:45 PM Core Workout Josie</p> <p>5:30 - 6:20 PM Yoga Suzie</p> | <p>2</p> <p>12:15 - 12:45 PM Track/Turf Interval Suzie</p> <p>1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia</p> <p>5:30 - 6:00 PM 30 Min Spin Josie</p> | <p>3</p> <p>9:30 - 10:30 AM Easy Adult Fitness Gloria</p> <p>12:15 - 12:45 PM Get Ripped Josie</p> <p>5:30 - 6:20 PM Body Weight Workout Cindy</p> | <p>4</p> <p>12:15 - 12:45 PM Yoga Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Transform Gloria</p> <p>5:30 - 6:20 PM Get Ripped Zirkia</p> | <p>5</p> <p>NO CLASSES</p> |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | <p>12:15 - 12:45 PM Spin Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia</p> <p>5:30 - 6:20 PM Track Interval Zirkia</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Ruth</p> <p>12:15 - 12:45 PM Core Workout Suzie</p> <p>5:30 - 6:20 PM Yoga Suzie</p> | <p>12:15 - 12:45 PM Track/Turf Interval Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Zumba Gloria</p> <p>5:30 - 6:00 PM 30 Min Spin Josie</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Gloria</p> <p>12:15 - 12:45 PM Get Ripped Suzie</p> <p>5:30 - 6:20 PM Bosu Basics Cindy</p> | <p>NO CLASSES</p> | <p>9:30 - 10:20 AM Power Walk & Weights Cindy</p> |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | <p>12:15 - 12:45 PM Spin Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria</p> <p>5:30 - 6:20 PM Track Interval Zirkia</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Ruth</p> <p>12:15 - 12:45 PM Core Workout Josie</p> <p>5:30 - 6:20 PM Yoga Josie</p> | <p>12:15 - 12:45 PM Track/Turf Interval Suzie</p> <p>1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia</p> <p>5:30 - 6:00 PM 30 Min Spin Suzie</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Gloria</p> <p>12:15 - 12:45 PM Get Ripped Suzie</p> <p>5:30 - 6:20 PM Body Sculpt Cindy</p> | <p>12:15 - 12:45 PM Yoga Suzie</p> <p>1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia</p> <p>5:30 - 6:20 PM Strength Core & Balance Cindy</p> | <p>9:30 - 10:20 AM Power Walk & Weights Cindy</p> |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | <p>12:15 - 12:45 PM Spin Suzie</p> <p>1:00 - 2:00 PM Light Adult Fitness Pilates Gloria</p> <p>5:30 - 6:20 PM Track Interval Zirkia</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Ruth</p> <p>12:15 - 12:45 PM Core Workout Josie</p> <p>5:30 - 6:20 PM Yoga Suzie</p> | <p>12:15 - 12:45 PM Track/Turf Interval Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia</p> <p>5:30 - 6:00 PM 30 Min Spin Josie</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Gloria</p> <p>12:15 - 12:45 PM Get Ripped Suzie</p> <p>5:30 - 6:20 PM Body Weight Workout Cindy</p> | <p>12:15 - 12:45 PM Yoga Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Urban Poling Gloria</p> <p>5:30 - 6:20 PM Get Ripped Zirkia</p> | <p>9:30 - 10:20 AM Power Walk & Weights Cindy</p> |
| 27 | 28 | 29 | 30 | | | |
| | <p>12:15 - 12:45 PM Spin Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Yoga Gloria</p> <p>5:30 - 6:20 PM Track Interval Zirkia</p> | <p>9:30 - 10:30 AM Easy Adult Fitness Ruth</p> <p>12:15 - 12:45 PM Core Workout Suzie</p> <p>5:30 - 6:20 PM Yoga Josie</p> | <p>12:15 - 12:45 PM Track/Turf Interval Josie</p> <p>1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia</p> <p>5:30 - 6:00 PM 30 Min Spin Suzie</p> | | | |