

DROP-IN FITNESS CLASSES

November 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						NO CLASSES
2	3	4	5	6	7	8
		9:30 - 10:30 AM Easy Adult Fitness Suzie		9:30 - 10:30 AM Easy Adult Fitness Dolores		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Circuit Training Josie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Gentle Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Cardio Mix Josie	
	5:30 - 6:20 PM Track Interval Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
9	10	11	12	13	14	15
				9:30 - 10:30 AM Easy Adult Fitness Suzie		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Suzie	NO CLASSES	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Suzie	
	1:00 - 2:00 PM Light Adult Fitness Ripped & Spin Suzie		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga Suzie		1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia	
	5:30 - 6:20 PM Total Body Conditioning Shay		5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Get Ripped Zirkia	
16	17	18	19	20	21	22
		9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Suzie		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Pilates Josie	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio Suzie	
	5:30 - 6:20 PM Get Ripped Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Body Sculpt Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
23	24	25	26	27	28	29
		9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Dolores		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Shelly	12:15 - 12:45 PM Circuit Training Shelly	12:15 - 12:45 PM Get Ripped Zirkia	12:15 - 12:45 PM Gentle Yoga Zirkia	
30	1:00 - 2:00 PM Light Adult Fitness Gentle Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia	
	5:30 - 6:20 PM Zumba Zirkia	5:30 - 6:20 PM Gentle Yoga Zirkia	5:30 - 6:00 PM 30 Min Spin Shay	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	