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| **November 2018** | | | | | | | |
|  | **M** | **T** | **W** | **Th** | **F** | **Sa** | **Su** |
| **A.M** |  |  | **Mat Pilates**  **(Please bring a mat)**  *9:00-10:00am*  *w/Cathy* | **Yoga**  **(\*$10 drop in-$48/6 classes)**  *8:00-9:30am*  *w/Paul* |  | **Dance Fitness**  **(High Cardio)**  *9:00-10:00am*  *w/Desirée* | **Yoga**  **(\*$10 drop in-$48/6 classes)**  *8:00-9:30am*  *w/Paul* |
| **P.M** | **Tone & Sculpt**  **(Weights and Toning-Please bring a mat)**  *6:00-6:30pm*  *w/Desirée*  **Dance Fitness**  **(High Cardio)**  *6:30-7:30pm*  *w/Desirée* | **Vinyasa Yoga**  **(\*$10 drop in-$48/6 classes)**  *5:15-6:15pm*  *w/Janet*  *\*Specific dates are posted on our Facebook page*  **Dance Fitness**  **(High Cardio)**  *6:30-7:30pm*  *w/Christina*  **PiYo@**  *7:30-8:30pm*  *w/ Heather* | **Ab Solutions**  **(Standing Ab toning)**  *6:00-6:30pm*  *w/Christina*  **Dance Fitness**  **(High Cardio)**  *6:30-7:30pm*  *w/Desirée* | **B-Fit**  **(Tone & Stretch)**  *5:30-6:15pm*  *w/Britney*  **Zumba®**  **(High Cardio)**  *6:30-7:30pm*  *w/Nicole* | **Abs & Booty**  **(Toning-Please bring a mat)**  *6:00-6:30pm*  *w/Desirée*  **Dance Fitness**  **(High Cardio)**  *6:30-7:30pm*  *w/Desirée* |  | **Sunday Night Shuffle**  **(\*the last Sunday of the month only)**  *6:30-7:30pm*  *w/Desirée* |