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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*  |