

NOVEMBER FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7AM Yoga - Linda 7:15AM Spin & Stretch - Tovah 8:30 AM Fun & Fit - Kristin 8:15AM Spin & Sculpt - Tovah 9:30 AM Pilates Fusion - Tovah 9:30AM Function & Flow - Sarah 1PM Circuit 360 - Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	2 7AM Strong & Fit - Linda 8:30AM Posture Fitness - Sarah 8:30AM Circuit 360 - Pam C 9:30AM Hatha Yoga - Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin - Kristin 5PM Line Dancing - Linda	3 6:30AM Spin - Tovah 7AM TRX - Linda 8AM Pro Posture - Linda 9AM Hatha Yoga - Pam 10AM Yoga Stretch - Pam	4 8AM 45 & Done - Pam 9AM Rise & Shine Yoga - Pam 10AM Meditation - Pam
5 8AM Spin - Kristin	6 7AM Pilates Stretch - Tovah 7AM TRX- Linda 8:30AM 360 Circuit - Linda 8AM Spin & Sculpt - Tovah 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow - Sarah 1PM Stretch - Linda 5PM Restorative Yoga - Pam	7 6:30AM Spin - Tovah 7AM Strong & Fit - Linda 8AM Circuit 360 - Pam C 8:30AM Posture Fitness - Sarah 9:30AM Hatha Yoga - Pam 10:30AM Deep Tissue Treatment Yoga - Pam 4PM Pop Pilates - Linda 5PM TRX + Yoga - Linda 5PM Spin - Kristin	8 7AM Yoga - Linda 7:15AM Spin & Stretch - Tovah 8:30 AM Fun & Fit - Kristin 8:15AM Spin & Sculpt - Tovah 9:30 AM Pilates Fusion - Tovah 9:30AM Function & Flow - Sarah 1PM Circuit 360 - Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	9 7AM Strong & Fit - Linda 8:30AM Posture Fitness - Sarah 8:30AM Circuit 360 - Pam C 9:30AM Hatha Yoga - Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin - Kristin 5PM Line Dancing - Linda	10 6:30AM Spin - Tovah 7AM TRX - Linda 8AM Pro Posture - Linda 9AM Hatha Yoga - Pam 10AM Yoga Stretch - Pam	11 8AM 45 & Done - Pam 9AM Rise & Shine Yoga - Pam 10AM Meditation - Pam
12 8AM Spin - Kristin	13 7AM Pilates Stretch - Tovah 7AM TRX- Linda 8:30AM 360 Circuit - Linda 8AM Spin & Sculpt - Tovah 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow - Sarah 1PM Stretch - Linda 5PM Restorative Yoga - Pam	14 6:30AM Spin - Tovah 7AM Strong & Fit - Linda 8AM Circuit 360 - Pam C 8:30AM Posture Fitness - Sarah 9:30AM Hatha Yoga - Pam 10:30AM Deep Tissue Treatment Yoga - Pam 4PM Pop Pilates - Linda 5PM TRX +Yoga - Linda 5PM Spin - Kristin	15 7AM Yoga - Linda 7:15AM Spin & Stretch - Tovah 8:30 AM Fun & Fit - Kristin 8:15AM Spin & Sculpt - Tovah 9:30 AM Pilates Fusion - Tovah 9:30AM Function & Flow - Sarah 1PM Circuit 360 - Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	16 7AM Strong & Fit - Linda 8:30AM Posture Fitness - Sarah 8:30AM Circuit 360 - Pam C 9:30AM Hatha Yoga - Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin - Kristin 5PM Line Dancing - Linda	17 6:30AM Spin - Tovah 7AM TRX - Linda 8AM Pro posture - Linda 9AM Hatha Yoga - Pam 10AM Yoga Stretch - Pam	18 8AM 45 & Done - Pam 9AM Rise & Shine Yoga - Pam 10AM Meditation - Pam
19 8AM Spin - Kristin	20 7AM Pilates Stretch - Tovah 8AM Spin & Sculpt - Tovah 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow - Sarah 5PM Restorative Yoga - Pam	21 6:30AM Spin -Tovah 8AM Circuit 360 - Pam C 8:30AM Posture Fitness - Sarah 9:30AM Hatha Yoga - Pam 10:30AM Deep Tissue Treatment Yoga - Pam 5PM Spin - Kristin	22 7:15AM Spin & Stretch - Tovah 8:30 AM Fun & Fit - Kristin 8:15AM Spin & Sculpt - Tovah 9:30 AM Pilates Fusion - Tovah 5PM Restorative Yoga - Pam	23 Turkey Trot - 7:30AM with Pam Adler Meet at Player Services	24 6:30AM Spin - Tovah 9AM Hatha Yoga - Pam 10AM Yoga Stretch - Pam	25 8AM 45 & Done - Cara 9AM Rise & Shine Yoga - Cara 10AM Pilates - Cara
26 8AM Spin - Kristin	27 7AM Pilates Stretch - Tovah 7AM TRX- Linda 8:30AM 360 Circuit - Linda 8AM Spin & Sculpt - Tovah 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow - Sarah 1PM Stretch - Linda 5PM Restorative Yoga - Pam	28 6:30AM Spin - Tovah 7AM Strong & Fit - Linda 8AM Circuit 360 - Pam C 8:30AM Posture Fitness - Sarah 9:30AM Hatha Yoga - Pam 10:30AM Deep Tissue Treatment Yoga - Pam 4PM Pop Pilates - Linda 5PM TRX + Yoga - Linda 5PM Spin - Kristin	29 7AM Yoga - Linda 7:15AM Spin & Stretch - Tovah 8:30 AM Fun & Fit - Kristin 8:15AM Spin & Sculpt - Tovah 9:30 AM Pilates Fusion - Tovah 9:30AM Function & Flow - Sarah 1PM Circuit 360 - Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	30 7AM Strong & Fit - Linda 8:30AM Posture Fitness - Sarah 8:30AM Circuit 360 - Pam C 9:30AM Hatha Yoga - Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin - Kristin 5PM Line Dancing - Linda		