

Group Training @ The Club Nov 22 - Nov 28, 2021

WORKOUT ALLEY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			CLUB CLOSED			
						
STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:30-9:30am Cardio & Strength KIM	8:00-9:00am CYCLE KIM	8:30-9:30am CYCLE TIFFANY
	8:15-9:00am One More Rep KIM				9:30-10:30am ZUMBA LEXI	
	9:30-10:30am Cardio, Core, & Strength AMY	9:15-10:15am CYCLE AMY				
10:30-11:30am ACTIVE Aging ANN		10:30-11:30am ACTIVE Aging SUZANNE				
6:00-7:00pm ZUMBA KRISTEN	5:45-6:30pm CYCLING LEXI					
7:15-8:00pm HIIT KIM	6:45-7:30pm Body Conditioning LEXI	6:45-7:15pm Bests of Both Worlds BO				
BOXING ROOM			PICKLEBALL (PB) COURT			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Gloves required for all boxing classes				
6:15-7:00am TABATA TRAINING BO	6:45-7:30am Ultimate Bootcamp KEVIN	6:15-7:00am CARDIO Circuit Training BO		6:15-7:00am Best of Both Worlds RETURNS NEXT WEEK		
9:30-10:30am Total Training Bootcamp LINDA		9:30-10:30am Total Training Bootcamp LINDA			8:00-9:00am Total Training Bootcamp LINDA	8:00-8:45am Boxing Conditioning BO
7:00-8:00pm HIIT BOXING*** LEXI		7:15-7:45pm Bests of Both Worlds BO				
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ZOOM ONLY	ZOOM ONLY				
	10:00-11:00am Yoga Therapeutics Suzy	10:00-11:00AM Ashtanga Yoga Suzy		9:00-10:00am GENTLE YOGA CHARLES	11:00am-12:00pm HATHA Yoga ANN	10:15-11:30am Vinyasa AUTUMN
6:30-7:45pm HATHA Yoga KAVITHA		6:45pm-8:00pm VINYASA Yoga AUTUMN				
POOL/POOL DECK						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA Fitness DIANE L		9:00-10:00am AQUA Fitness DIANE L		9:00-10:00am AQUA Fitness DIANE L		9:00-10:00am AQUA Fitness C.R.
			Thankful for			