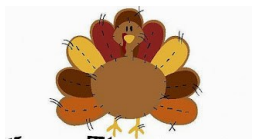


GROUP EXERCISE SCHEDULE NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 10am Zumba– Cynthia
2	3 6:10 Cycle—Beth 9am Arthritis Debbie 11am-Circuit Class-Annette 11am Water Aerobics-Dot 12pm Zumba -Lisa 5:15pm Cycle-Marcia	4 9am-Yoga-Annette 10am NO CLASS 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 5:30pm Zumba-Cynthia	5 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	6 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 5:15pm Cycle Marcia	7 6:10 Cycle—Beth 9am—Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm No Zumba	8 10am Zumba- Cynthia
9	10 6:10 –NO CYCLE 9am Arthritis Debbie 10am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12pm Zumba Chair-Lisa 5:15pm Cycle-Marcia	11 9am Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 5:30pm Zumba-Cynthia	12 6:10 am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm Pound-Sandra	13 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	14 6:10am Cycle– Beth 9am –Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	15 10am Zumba-Cynthia
16	17 6:10 Cycle—Beth 9am Arthritis Debbie 10am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12pm Zumba -Lisa 5:15pm Cycle-Marcia	18 9am Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers– Valerie 5:30pm Zumba-Cynthia	19 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm NO POUND	20 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	21 6:10am Cycle– Beth 9am –Mat Pilates-Annette 10:15am Chair Yoga– Annette 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	22 10am Zumba-Cynthia
23	24 6:10 Cycle—Beth 9am Arthritis Debbie 11am Circuit-Annette 11am Water Aerobics-Dot 12pm Zumba Chair -Lisa 5:15pm Cycle-Marcia	25 9am Yoga-Annette 10am NO CLASS 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	26 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm NO POUND	27 CLOSED  Happy Thanksgiving	28 6:10am NO CYCLE 9am-No Mat Pilates 10:15 No Chair Yoga 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	29 10am Zumba-Cynthia
30						