

# Group Exercise Schedule for November 2018

## Mondays

6:00-6:45am Kettlebell  
 8:15-9:30am Power Plyo  
 9:15-10:00am Yoga Flow  
 12:15-12:45pm Kettlebell  
 4:30-5:00pm Group Cycling  
 4:30-5:00pm Flyte Fitness  
 5:15-6:15pm Hour of Power

## Tuesdays

6:00-6:45am Tough Mudder Training  
 8:15-9:00am Carolyn's™ Low Impact  
 9:15-10:00am Variable Resistance Training  
 10:15-11:00am Strength Training  
 12:15-12:45pm Group Cycling  
 4:30-5:00pm Kettlebell  
 5:15-6:00pm Butt Busters  
 6:15-7:00pm H.I.T.

## Wednesdays

6:00-6:45am Variable Resistance Training  
 8:15-9:00am Core Zone Express  
 9:00-9:30am Flyte Fitness  
 9:15-10:00am Silver & Fit  
 12:15-12:45pm Strength Training  
 3:45-4:15pm Just Abs  
 4:15-5:00pm Strength Training  
 4:30-5:00pm Group Cycling  
 5:15-6:00pm Heidi's Hi-Lo Impact

## Thursdays

6:00-6:30am Group Cycling  
 8:15-9:00am Zumba Gold  
 9:15-10:00am Butt Busters  
 10:15-11:00am Strength Training  
 12:15-12:45pm Core Zone Express  
 3:30-4:00pm Group Cycling  
 4:15-5:00pm Variable Resistance Training  
 5:15-5:45pm Group Cycling  
 5:45-6:30pm Pilates  
 6:00-6:45pm Strength Training  
 6:30-7:15pm Zumba

## Fridays

6:00-6:30am Power Plyo  
 8:15-9:00am H.I.T.  
 9:15-10:00am Group Cycling  
 9:15-10:00am Silver & Fit  
 10:30-11:15am Yoga Flow  
 12:15-12:45pm Group Cycling  
 4:15-5:00pm Tough Mudder Training

## Saturdays

7:45-8:15am Kettlebell  
 8:30-9:00am Just Abs  
 9:05-10:05am Hour of Power  
 10:15-10:45am Group Cycling

## Sundays

12:15-1:00pm Variable Resistance Training

1:00-1:30pm Just Abs Open Thanksgiving Day (22nd) 7:00-10am with a special Holiday Gut Buster class 8-9am.  
Black Friday (23rd): 6:00, 8:15, 9:15, and 10:30am classes only.