

November 2022

GROUP EXERCISE

THREE SPRINGS ROAD

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK
THE ROUTINE AND STAY ACTIVE!

*The gym will be closed on Thursday, November 24th, 2022 in observance of Thanksgiving day.

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		Total Tabata -Carrie Spin -Regina-11/7 -Beth-11/14 -Allison-11/21 -Regina-11/28	Spin -Beth -11/15 & 11/29 -Allison Power Up + Tabata -Amy -11/1 -Joy-11/8 -Regina-11/15 -Tina-11/22 -Joy-11/29	Spin -Regina Total Body -Joy	Spin -Allison -11/17-Beth Step -Carrie	Spin -Regina Bootcamp -Carrie -11/4 Amy	Spin -Chandler *No class 11/26 Saturday Sweat -Ana (Strong by Zumba)-11/5 -Carrie (Tabata)-11/12 -Regina (Power Up)-11/19 -Reina (Zumba Toning)-11/26
8:30 - 9:30AM		Power Up -Tina	Spin -Chandler Zumba -Ana Pilates -Chandler	Bootcamp -Tina	Spin -Chandler	F.I.T. -Ana	
9:30 - 10:30AM		Spin -Tina Stretch "N" Flex -Chandler	Stretch "N" Flex -Chandler	Spin -Tina Stretch "N" Flex -Heather		Spin -Beth -11/4-Allison *No spin class 11/25 Yoga Stretch -Chandler *No class 11/25	
5:30 - 6:30PM		Zumba -Ana	Cardio Mashup -11/1-R.I.P.P.E.D. -Regina -11/8-Zumba Toning-Reina -11/15 Kickboxing-Peggy -11/22-Bootcamp-Carrie -11/29-Power Up+Pilates-Amy	Power Up -Peggy	Explosive Fitness -Danny	Zumba Step/Zumba/ Zumba Toning -Reina-(Zumba) 11/4,11/11 -Reina (Zumba Toning) 11/18 -Carrie (Zumba Step) -11/25	

