

November 2023

# GROUP EXERCISE

THREE SPRINGS ROAD

\*The gym will be closed on 11/23/23 for Thanksgiving and there will be no classes on 11/24/23

# MIX IT UP!

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

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		<b>Total Tabata</b> -Carrie  <b>Spin</b> -Regina 11/6 -Beth - 11/13 -Allison 11/20 -Beth - 11/27	<b>Spin</b> -Beth  <b>Power Up</b> -Allison	<b>Spin</b> -Regina  <b>Total Body</b> -Carrie	<b>Step</b> -Carrie	<b>- Bootcamp</b> -Carrie	
8:30 - 9:30AM		<b>Power Up</b> -Tina	<b>-Spin</b> -Chandler  <b>Zumba</b> -Ana	<b>Bootcamp</b> -Tina	<b>Spin</b> -Chandler	<b>F.I.T</b>  Ana	<b>Spin</b> -Chandler  <b>Saturday Sweat</b> Regina -11/4 -Tabata Ana-11/11-Zumba Allison-11/18-Kickboxing Carrie-11/25-Bootcamp
9:30 - 10:30AM		<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Chandler	<b>Pilates</b> -Chandler	<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Heather		<b>Spin</b> -Beth  <b>* Yoga Stretch</b> -Chandler	<b>Yoga</b>  - Chie
5:30 - 6:30PM		<b>Zumba</b> -Ana	<b>Cardio Mashup</b> Regina -11/7 -R.I.P.P.E.D. Peggy -11/14 -Kickboxing Carrie 11/21 -Bootcamp Peggy 11/28-Kickboxing	<b>Power Up</b> -Peggy	<b>Explosive Fitness</b> -Danny		

