

November 2021

GROUP EXERCISE

RUSSELLVILLE ROAD

MIX IT UP!

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

	SUN	MON	TUES	WED	THU	FRI	SAT
8:30 - 9:30AM			Total Tabata -Ana		Zumba -Ana		Saturday Blast - 11/6 Regina-R.I.P.P.E.D. -11/13 Carrie-Zumba Step -11/20-Rose-Butts -N-Guts -11/27-Amy-Total Tabata
9:30 - 10:30AM		Stretch "N" Flex -Heather	Yoga -Julia	Mind & Body -Rose 11/3- Pilates -Megan 11/10-Pi-Yo -Jennifer 11/17- Pilates -Heather 11/24- Yoga Stretch	Stretch "N" Flex -Heather	Yoga Stretch -Chandler-11/5 -Chandler-11/12 -Chandler 11/19 -Amy-11/26	Zumba -Rose 11/6 -Ana 11/13 -Carrie 11/20 -Carrie 11/27
5:30 - 6:30PM		*F.I.T. -Amy	Zumba -Julia	*Yoga + Pilates -Rose	Zumba Step -Carrie	Zumba -Julia 11/5 -Julia 11/12 -Carrie 11/19 -Carrie 11/26	

