

NOVEMBER 2019 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: Core and More: Nov. 16th-December 28th</p>				<p>1 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>4 8:00 Yoga (N) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:45-4:45 Line Dance I 5:30 ZUMBA TONING (E)</p>	<p>5 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHIAR YOGA 2 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba (N)</p>	<p>6 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) (E) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA (O)</p>	<p>7 8:00 Seniors Circuit 9:00 GENTLE YOGA (E) 9:15 LOW AND SLOW 10:15 Chair Yoga (E) 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (E) 12:30 FIT AND FABULOUS (E) 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba</p>	<p>8 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS (O) 1:00 ZUMBA GOLD (O) 2:15 HOOP DANCE FITNESS</p>
<p>9 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA () 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 Zumba Gold (N) 2:30-3:30 Line Dance II 3:45-4:45 Line Dance I 5:30 ZUMBA TONING (N)</p>	<p>10 8:00 Seniors Circuit 9:00 GENTLE YOGA (O) 9:15 LOW AND SLOW 10:15 CHAIR YOGA (O) 11:15 CHIAR YOGA 2 (O) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (N) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba</p>	<p>11 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>12 8:00 Seniors Circuit 9:00 GENTLE YOGA (N) 9:15 LOW AND SLOW 10:15 Chair Yoga (N) 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba</p>	<p>13 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>18 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (E) 3:45-4:45 Line Dance I (E) 5:30 ZUMBA TONING</p>	<p>19 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHIAR YOGA 2 (N) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba</p>	<p>20 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>21 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 NO ZUMBA GOLD CHAIR 11:15 NO 30 MIN. ZUMBA GOLD 12:30 NO FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 NO STRONG by Zumba</p>	<p>22 8:15 B FIT 9:10 PEPS 10:15 NO ZUMBA GOLD FRIDAY AM 11:30 NO 30 MIN. ZUMBA GOLD 12:15 NO FIT AND FABULOUS 1:00 NO ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>25 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 NO ZUMBA GOLD 2:30-3:30 Line Dance II (N) 3:45-4:45 Line Dance I (N) 5:30 NO ZUMBA TONING</p>	<p>26 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHIAR YOGA 2 11:00 FOLK DANCE 12:30 NO FIT AND FABULOUS 1:30 NO ZUMBA GOLD CHAIR 2:30 NO 30 MIN. ZUMBA GOLD 4:30 NO STRONG by Zumba</p>	<p>27 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (E) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 NO ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 NO ZUMBA</p>	<p>28 CENTER CLOSED</p>	<p>29 CENTER CLOSED</p>