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NOVEMBER 2019

All class changes noted in RED

NOTE: Zumba Step and STRONG by Zumba are limited to 25 people per class and will be filled on a first come, first served basis. No sign up required.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>CUSTOMER APPRECIATION SALE! Enter THANKS2019 at checkout to receive 10% of prepaid cards, memberships, gift certificates, MYZONE items, or in stock apparel. Unlimited purchases. No expiration date. Offer expires on Black Friday.</p>			1 9:00am Zumba Step 5:15pm Hip Hop	2 9:00am STRONG by Zumba (2) 10:00am Zumba Kids (ages 4-10)
3 9:00am Zumba	4 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	5 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (1)	6 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	7 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba 6:30pm Zumba Toning	8 9:00am NO CLASS 5:15pm Hip Hop	9 9:00am Zumba 10:00am NO CLASS
10 9:00am Zumba	11 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	12 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (2)	13 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	14 9:00am Zumba 5:15pm STRONG by Zumba (3) 6:30pm Zumba Toning	15 9:00am Zumba Step 5:15pm Hip Hop	16 9:00am STRONG by Zumba (1) 10:00am Zumba Kids (ages 4-10)
17 9:00am Zumba	18 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	19 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (3)	20 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba	21 9:00am Zumba 5:15pm STRONG by Zumba (1) 6:30pm Zumba Toning	22 9:00am Zumba Step 5:15pm Hip Hop	23 9:00am STRONG by Zumba (2) 10:00am Zumba Kids (ages 4-10)
24 9:00am Zumba	25 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	26 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (1)	27 9:00am Zumba Toning 5:15pm NO CLASS 6:30pm NO CLASS	28 THANKSGIVING 9:00am NO CLASS 5:15pm NO CLASS 6:30pm NO CLASS	29 SALE ENDS 9:00am Black Friday Zumbathon \$10 or unwrapped Arts & Crafts set Donation for ChildLife Program at Baystate (sign up sheet at front desk)	30 9:00am NO CLASS 10:00am NO CLASS
1 9:00am Zumba	2 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	3 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (2)	4 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	5 9:00am Zumba 5:15pm STRONG by Zumba (3) 6:30pm Zumba Toning	6 9:00am Zumba Step 5:15pm Hip Hop	7 9:00am STRONG by Zumba (1) 10:00am Zumba Kids (ages 4-10)

Schedule subject to change at any time. Please check back frequently.