

NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am (45 min. unless indicated)		■ Yoga (GX/60 min)		■ Step & Core (GA)	
11:15am (45 min. unless indicated)	Step I.T. (GA) Yoga Flow (GX/50 min)	Interval Training (GA) Yoga Stretch (GX/50 min)	Body Sculpt (GA) Yoga Challenge (GX/50 min) ■ Row, Ride, Stride (G cardio room) CANCELLED	■ Muscle Mix & Core (GA) Pilates (GX)	Step & Core (GA)
12:15pm (45 min. unless indicated)	Hi/Low & Core (GA) Tai Chi (GX/50 min) ■ Aqua Kickboxing (GN) ■ TRX (platform)	Pilates (GX) ■ Crew (G cardio room) CANCELLED	■ Step Challenge (GA) ■ TRX (platform)	■ Tabata & Running (GA) ■ Yoga & Meditation (GX/50 min) ■ Aqua Buoy Blast (GN)	Yoga Flow (GX/50 min) ■ Row, Ride, Stride (G cardio room) CANCELLED
1:15pm (45 min. unless indicated)	Open Flow Yoga (GX/50 min)		Restorative Yoga (GX/50 min)		
4:30pm (30 min.)	Body Sculpt Express (GA)	Healthy Core & More (GA)		Body Sculpt Express (GA)	
5:15pm (75 min.)			Yoga Flow (GX/75 min)		
5:30pm (60 min. unless indicated)	■ Cardio Kickbox & Core (GA)	■ Aqua Circuits (GN) Cycle (G cardio room) CANCELLED	■ Aqua Tabata (GN)		

■ Class format rotates monthly. ■ Class requires a participation number. A Health Check or Medical Evaluation is required prior to participation. Instructors may change without notice.