



## FALL GROUP EXERCISE CLASS SCHEDULE: **NOVEMBER**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00 AM		METABOLIC MADNESS	POWER YOGA FLOW	PUNCH, POWER, PREVAIL		CYCLING (7:15)
8:15 AM	CYCLING	SUPERWOMAN STRONG	20/20/20	STEP & SCULPT	SUPER WOMAN STRONG	ULTIMATE UPPER BODY (8:30)
9:30 AM	PILATES FLOW	PUNCH, POWER, PREVAIL	CYCLING	TOTAL BODY STRENGTH	CYFLOW	INHALE, EXHALE, STRETCH
4:30 PM	20/20/20	POWER YOGA FLOW (4:45)		DANCE & TONE/STEP & SWEAT (4:45)		
5:30 PM	SUPER WOMAN STRONG		PUNCH, POWER, PREVAIL			
6:00 PM		CYCLING		STEP & SCULPT		

- \* Cancellations must be done 3 hours prior to any class or there will be a \$10 penalty fee.
- \* Schedule may change due to demand, instructor availability, attendance, etc. each month.
- \* Please arrive 10 minutes early to class.
- \* **Super Saturday: November 19<sup>th</sup> @ 8 AM.**
- \* **Free Probiotic Nutrition Presentation: Saturday, November 19<sup>th</sup> @ 9:30 AM.**