





November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
30 	31	1 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA by Kyoko	2 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne NO EVENING CLASS THIS WEEK	3 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy NO EVENING CLASS THIS WEEK	4 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	5 9:00-9:45 POWERSCULPT by Peggy	
6 CLOSED	7 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:00 POWERSCULPT by Peggy	8 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA by Kyoko	9 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Steve	10 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:30-6:30 ZUMBA by Michelle	11 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	12 9:00-9:45 ZONE BURN by Justin	
13	14 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Steve	15 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA by Kyoko	16 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:00 ZONE BURN 5:00-5:30 STRENGTH & CONDITIONING by Justin	17 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:30-6:30 ZUMBA by Michelle	18 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	19 9:00-9:45 POWERSCULPT by Kyoko	
20	21 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:00 POWERSCULPT by Peggy	22 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA by Kyoko	23 HOURS: 5 AM-7 PM NO CLASSES THIS DAY 	24 CLOSED FOR THANKGIVING 	25 HOURS: 8 AM-5 PM NO CLASSES THIS DAY 	26 9:00-9:45 ZONE BURN by Justin	
27	28 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Steve	29 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA by Kyoko	30 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:00 ZONE BURN 5:00-5:30 STRENGTH & CONDITIONING by Justin	ZONE BURN- is an aerobic based class taught by Justin. He will guide you through your cardio zone levels and help get your fitness to the next level at your own pace! Come give it a try. Sorry, NO BARRE on this schedule.			
4		6	7	8	9	10	