




November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Yoga Nidra - Kathy 6:30 Zumba - April	2 Election Day 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	3 9:15am Zumba – Melissa 4:15pm Body Defined – Tracy 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	4 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	5 9:15am Zumba – Melissa	6 9:00 Zumba – April 10:00 - Brain Longevity– Kathy
7 Time Change 	8 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Yoga - Marsha 6:30 Zumba - April	9 10:35am Hatha Yoga - Marsha 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	10 9:15am Zumba – Melissa 4:15pm Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	11 Veterans Day 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	12 9:15am Zumba – Melissa	13 9:00 Muscle Pump – Connie
14	15 9:15am Zumba – Melissa 4:15pm Body Defined – Bonnie 5:15 Yoga - Nancy 6:30 Zumba - April	16 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	17 9:15am Zumba – Melissa 4:15pm Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	18 10:35 Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	19 9:15am Zumba – Melissa	20 9:00 Muscle Pump – Connie 10:00 Yoga Nidra – Kathy Deep Relaxation Experience (not an exercise class)
21	22 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Yoga - Marsha 6:30 Zumba - April	23 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	24 9:15am Zumba – Melissa 12:15 Body Defined – Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Nancy	25 Thanksgiving Day 8:30am Turkey Trot- Fun Run & Walk Refreshments following Facility Unstaffed	26 Facility Unstaffed	27 9:00 Zumba - April Facility Unstaffed
Facility Unstaffed	29 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Yoga - Tiffany 6:30 Zumba - April	30 10:35am Hatha Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy			New Staffed Hours Mon. - Fri. Sat. & Sun.	Beginning Nov. 1 8:00am-8:00pm 8:00am-5:00pm