

Fall Fitness Class Schedule



Never miss an activity! Scan this QR code with your phone camera for all class descriptions. Save as a bookmark in your browser.

November 2021

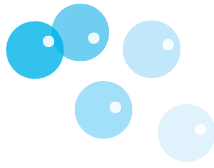


Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Box Fit 6:15-7am Brandon Multi-Fitness Studio	Gentle Vinyasa Yoga 9-10am Steph Mind & Body Studio	Box Fit 6:15-7am Brandon Multi-Fitness Studio	Gentle Vinyasa Yoga 9-10am Steph Mind & Body Studio	Spin 6:15-7am Jill Spin Studio	Endurance Ryde 9-10:30am Amit/Marina Spin Studio	Yoga Flow 10-11am Corinne Mind & Body Studio
Light Hatha Yoga 9-10am Manjula Mind & Body Studio	Move it or Lose it 9-10am Jo-Anne Multi-Fitness Studio	Healing Hatha Yoga 9-10am Manjula Mind & Body Studio	Spin Tabata 9:15-10:15am Jessie Spin Studio/Dance	Soul Flow 9-10am Ginette Mind & Body Studio	Barre Fusion 10-11am Hazel Dance Studio	
Extreme Bootcamp 9:15-10:15am Steph Turf	Spin Tabata 9:15-10:15am Jessie Spin Studio/Dance	Spin 9:15-10:15am Jessie Spin Studio	Move it or Lose it 9-10am Jo-Anne Multi-Fitness Studio	Extreme Bootcamp 9:15-10:15am Chris Martial Arts Studio		
Lift It 9:15-10:15am Jessie Multi-Fitness Studio	Active Forever 10-11am Curtis Martial Arts Studio	Extreme Bootcamp 9:15-10:15am Steph Turf	Active Forever 10-11am Curtis Martial Arts Studio	Core Fit 9:15-10:15am Jessie Dance Studio		
Active Forever 10-11am Hazel Martial Arts Studio		Active Forever 10-11am Hazel Martial Arts Studio	Func. Move Yoga 10:30-11:30am Corinne Mind & Body Studio	Beginner's Bootcamp 10:30-11:30am Jo-Anne Multi-Fitness Studio		
Beginner's Bootcamp 10:30-11:30am Jo-Anne Dance Studio	Yin & Meditation 10:30-11:30am Ginette Mind & Body Studio	Beginner's Bootcamp 10:30-11:30am Jo-Anne Dance Studio	Zumba 10:30-11:30am Marion Multi-Fitness Studio	Gentle Yoga 10:30-11:30am Rahmi Mind & Body Studio		
Healing Hatha Yoga 10:30-11:30am Manjula Mind & Body Studio		Gentle Yoga 10:30-11:30am Rahmi Mind & Body Studio	Tabata Mix 12:10-12:50am Steph Turf	Spin & Stretch 12:10-12:50pm Jayne Spin Studio/Dance		
Heavy Bag Circuit 10:30-11:30am Marion Multi-Fitness Studio	Lift It 12:10-12:50pm Jayne Martial Arts Studio	Heavy Bag Circuit 10:30-11:30am Marion Multi-Fitness Studio		Zumba Cardio Dance 5:30-6:30pm Rahmi Dance Studio		
Spin Tabata 12:10-12:50pm Steph Spin Studio/Dance	Spin 5-6pm Jill Spin Studio	Bootcamp 12:10-12:50pm Jen Martial Arts Studio				
Spin 5:30-6:30pm Rahmi Spin Studio	Heavy Bag Circuit 5:30-6:30pm Marion Multi-Fitness Studio	Barre 5:30-6:30pm Hazel Martial Arts Studio				
Barre 5:30-6:30pm Hazel Mind & Body Studio	Dynamic Lifting 6-7pm Curtis Martial Arts Studio	Bootcamp 5:30-6:30pm Jen Multi-Fitness Studio	Dynamic Lifting 6-7pm Curtis Martial Arts Studio			
Box Fit 6:30-7:30pm Brandon Multi-Fitness Studio	Zumba Strong 6:45-7:45pm Rahmi Multi-Fitness Studio	Box Fit 6:30-7:30pm Brandon Multi-Fitness Studio	Vinyasa Yoga 6:45-7:45pm Rahmi Mind & Body Studio			
Power Yoga 6:45-7:45pm Rahmi Mind & Body Studio		Restorative Yoga 6:45-7:45pm Jen Mind & Body Studio				

KEY

Mind & Body
Fitness

Pool Class Schedule



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NOVEMBER 2021



Mon	Tues	Wed	Thurs	Fri
Aqua Fit 9-10am Maui Lap Pool	Aqua Fit 10:30-11:30am Jo-Anne Lap Pool	Aqua Fit 9-10am Rahmi Lap Pool	Aqua Fit 10:30-11:30am Jo-Anne Lap Pool	Aqua Fit 9-10am Rahmi Lap Pool
Aqua Fit 10:15-11:15am Linda Lap Pool		Aqua Fit 10:15-11:15am Jen Lap Pool		Aqua Fit 10:15-11:15am Jen Lap Pool
Warm Water Stretching 12-1pm Jo-Anne Therapy Pool	Healing Movement 12-1pm Jo-Anne Therapy Pool	Warm Water Stretching 12-1pm Jo-Anne Therapy Pool	Healing Movement 12-1pm Jo-Anne Therapy Pool	Warm Water Stretching 12-1pm Jo-Anne Therapy Pool
Noodle-itis 8-9pm Janette Therapy Pool	Aqua Fit 8-9pm Rahmi Lap Pool	Noodle-itis 8-9pm Janette Therapy Pool		Healing Movement 1-2pm & 2-3pm Jo-Anne Therapy Pool



All classes FREE with Membership with the exception of Registered Programs (**PLAY ▶ MORE**) - Members receive a discount!