November, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Closed	Cycle w/Bobby 6:00-7:00	Total Body w/Cheri 6:00-7:00	Cycle Express w/Jody 6:00-6:45	Total Body w/Cheri 6:00-7:00	Cycle Circuit w/Dawn 6:00-7:00	Closed
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM					Ladies Lifting w/Ann 7:15-8:15		
7:30 AM							
7:45 AM				Yoga w/Sierra 7:45-8:45		Yoga w/Julie 7:45-8:45	
8:00 AM			Ladies Lifting w/Ann 8:00-8:45		Balls Bands & Bars w/Ann 8:15-8:45		Cycle w/Rotating 8:00-9:00
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM		Balls Bands & Bars w/Ann 9:00-9:45	Cycle Express w/Tracy 9:00-9:45	Tabata Interval Training w/Rachel 9:00-10:00	Cycle w/Tracy 9:00-10:00	Cardio Strength w/Dawn or Tracy 9:00-10:00	
9:15 AM							
9:30 AM							
9:45 AM			ABS 9:45-10:00		ABS 10:00-10:15		
10:00 AM		VEM w/Joan 10:00-11:00	Low Impact + w/Joan 10:15-11:15	VEM w/Erika 10:30-11:30		Pilates w/ Erika 10:15-11:15	Tap Dance (program) 10:00-11:00
10:15 AM							
10:30 AM							
10:45 AM					Tai Chi/Qi Gong w/ Diana 10:45-12:15		
11:00 AM							Tap Dance (program) 11:00-12:00
11:15 AM		OMAB w/Joan 11:00-11:30	ABS 11:15-11:30				
11:30 AM							
11:45 AM			Tai Chi/ Qi Gong w/ Diana 11:45-12:45			Tai Chi/Qi Gong w/ Diana 11:45-12:45	
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM		SilverSneakers® CLASSIC w/ Erika 1:00-2:00	SilverSneakers® CIRCUIT w/Cheri 1:00-2:00	SilverSneakers® YOGA w/Julie 1:00-2:00	SilverSneakers® CIRCUIT w/Cheri 1:00-2:00	SilverSneakers® CLASSIC w/Erika 1:00-2:00	
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM	Tai Chi/Qi Gong w/ Diana 3:00-4:15						
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM			Dance (program) 4:00-6:00				
4:15 PM							
4:30 PM	Yoga w/JuNelle 4:30-5:45	Cycle Circuit w/Rachel 4:30-5:15		50/50 w/Rachel 4:30-5:15	Dance (program) 4:30-5:30		
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM		Yoga w/Sierra 5:30-6:30	Yoga (program) 6:00-7:00	Yoga w/JuNelle 5:30-6:30	Yoga (program) 5:30-7:00		
5:45 PM							
6:00 PM	Closed						
6:15 PM							
6:30 PM							
6:45 PM		Total Body w/Cyle 6:45-7:45					
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM		ABS 7:45-8:00					
8:00 PM							
8:15 PM							

FIT4MOM

Stroller Strides
M/W 6-7 pm; T/Th 9-10 am
Fit4Baby/Stroller Strides
1st & 3rd Saturdays 9-10 am
Preregistration Required - to register, or for location information, visit:

Holiday Schedule

Closed Thanksgiving Day

Friday, November 25: 11:45 Tai Chi/Qi Gong
There will be no other classes on Friday, November 25

Class Notes

Fitness Orientations & Assessments:
By appointment (see front desk)
Fit4Baby/Stroller Strides - preregistration required - visit: www.fruita.fit4mom.com