 November 2019 Fitness Class Schedule

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **28**  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM | 29  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 30  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 31  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  Pain Aerobics 6:00 PM\* | 1  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM** | 2  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
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| 4  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-8PM**  Pain Aerobics 7:00 PM | 5  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 6  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 7  **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  Pain Aerobics 6:00 PM\* | 8  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:30 PM** | 9  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
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| 11  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-8PM**  Pain Aerobics 7:00 PM \* | 12  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 13  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 14  **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  Pain Aerobics 6:00 PM\* | 15  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:30 PM** | 16  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
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| 18  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-8PM**  Pain Aerobics 7:00 PM | 19  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 20  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 21  **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  Pain Aerobics 6:00 PM\* | 22  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:30 PM** | 23  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
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| 25  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-8PM**  Pain Aerobics 7:00 PM | 26  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 27  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 28  **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  Pain Aerobics 6:00 PM\* | **29**  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:30 PM** | 30  \*This is a House of Pain Class  $3.00 for members  $5.00 for non members |
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