 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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