

## November 2017

### MONDAY:

Open 5:30 am- 9 pm

8:00-9:00 am  
 10:00-11:15 am  
 4:30-5:15 pm  
 5:30-6:15 pm  
 6:30-8:00 pm  
 7:00-9:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

SpinFLEX w/Katherine *sub* Dena SPIN ONLY on Nov. 6 & 13

Restorative Yin Yoga w/Katherine *sub* Richelle on Nov. 6 & 13

Spinning w/Cindy (cancelled Nov. 20)

Mat Pilates w/Therese

Acro Jam w/Jeanne & Sherry No experience necessary, No partner needed, Open mind required.

Soccer for Adults

### TUESDAY:

Open 5:30 am- 9 pm

8:00-8:45 am  
 10:30-11:15 am  
 NOON-12:45 pm  
 5:45-7:00 pm  
 7:00-9:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Mat Pilates w/ Katherine *sub* Therese on Nov. 7, 14, 21.

CHAIR BASED SENIOR FITNESS WEIGHT TRAINING w/Dena

Spinning w/Dena

Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls) w/Jeanne- Level 2

Basketball for Adults

### WEDNESDAY:

Open 5:30 am- 9 pm

8:00-9:00 am  
 10:00-11:15 am  
 4:30-5:15 pm  
 5:30-6:15 pm  
 5:30-6:30 pm  
 6:30-7:45 pm  
 6:30-8:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

SpinFLEX w/Katherine *sub* Dena SPIN ONLY on Nov. 1, 8, 15

Back Hip Yoga w/ Katherine *sub* Richelle on Nov. 1 & 8 Level 1

Spinning w/Cindy (cancelled Nov. 22)

Mat Pilates w/Therese

Aerial Fabric Beginner Series w/Tiffany & Richelle REGISTRATION AND FEE REQUIRED.

Hatha Yoga w/Sherry Level 1

Main Gym Reserved for Aerial Fabric Practice for Approved Students Only

### THURSDAY:

Open 5:30 am- 9 pm

8:00-8:45 am  
 10:30-11:15 am  
 NOON-12:45 pm  
 5:45-7:00 pm  
 7:00-9:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Mat Pilates w/ w/ Katherine *sub* Therese on Nov. 2, 9, 16.

CHAIR BASED SENIOR FITNESS WEIGHT TRAINING w/Dena

Spinning w/Dena

Easy Does it-Restorative Yoga w/Jeanne- ALL Level

Basketball for Adults

### FRIDAY:

Open 5:30 am- 7 pm

8:00-9:15 am  
 10:00-11:15 am  
 5:30-6:30 pm  
 5:30-6:45 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

SpinYOGA w/Katherine *sub* Dena SPIN ONLY on Nov. 3

Vinyasa Yoga w/Katherine *sub* Richelle on Nov. 3 Level 1-2

Aerial Fabric Beginner Series w/Tiffany & Richelle REGISTRATION AND FEE REQUIRED.

Undo and Renew- Gentle Yoga ending in Restorative Poses w/Gillian- ALL Level

### SATURDAY

Open 10 am-5 pm

10:00-10:45 am  
 11:00-11:45 am  
 3:00-4:15 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Spinning w/Cindy (cancelled Nov. 18 and 25)

Mat Pilates w/Therese

Gentle Flow w/Gillian All Level

### SUNDAY:

Open 1 pm -7pm

3:00-4:15 pm  
 4:30-5:00 pm  
 5:00-7:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Undo and Renew- Gentle Yoga ending in Restorative Poses w/Jeanne- ALL Level

Meditation w/Jeanne- ALL Level

Main Gym Reserved for Aerial Fabric Practice for Approved Students Only

**CLOSED**

**Friday, November 10**  
**Thursday, November 23**  
**Friday, November 24**

Please see separate  
**AFTER SCHOOL**  
**PROGRAM/**  
**KIDS SCHEDULE**  
 for child and family  
 programming details!

Happy  
 Thanksgiving!

