

Get Fit Class Schedule - NOVEMBER

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
29	12-1 PM Aqua Fit (Tammy) <small>Schedule is subject to change at anytime.</small>	30	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	31	9-10 AM Strong Nation (Suri)	1	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	2	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Katie)	3	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	4	12:00-1:00 PM Yoga (Yasha)
5	12-1 PM Aqua Fit (Tammy)	6	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	7	9-10 AM Strong Nation (Suri)	8	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	9	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	10	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	11	12:00-1:00 PM Yoga (Yasha)
12	12-1 PM Aqua Fit (Tammy)	13	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	14	9-10 AM Strong Nation (Suri)	15	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	16	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	17	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	18	12:00-1:00 PM Yoga (Yasha)
19	12-1 PM Aqua Fit (Tammy)	20	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	21	9-10 AM Strong Nation (Suri)	22	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	23	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	24	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	25	12:00-1:00 PM Yoga (Yasha)
26	12-1 PM Aqua Fit (Tammy)	27	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	28	9-10 AM Strong Nation (Suri)	29	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	30	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	1	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	2	12:00-1:00 PM Yoga (Yasha)