

# Get Fit Class Schedule - NOVEMBER

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