

NOVEMBER 2018 HEALTHPLUS FITNESS CENTER Group Fitness Schedule

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:15 AM		BODY PUMP ABBIE		BODY PUMP LYNNE		BODY PUMP AMANDA 23: No class	
8:10 AM		ZUMBA KIM	BODY PUMP ABBIE	ZUMBA SEAN	BODY PUMP Robin 22: No class	STRONG SEAN 23: No class	Wild Card 3 Robin M - Strong 10 Kim - Zumba 17 Robin M - Strong 24 Sean - Zumba
9:15 AM		<i>Plates</i> BECKY	<i>Circuits</i> LYNNE	<i>Plates</i> BECKY	STRONG ABI 22: No class	BODY ATTACK ABBIE 23: No class	BODY PUMP 3 Robin 10 Robin 17 Abbie 24 No class
10:30 AM		<i>Low Impact</i> LYNNE	Yoga Basics ROBIN	<i>Low Impact</i> LYNNE	Yoga Basics BRENDA 22: No class	ZUMBA Gold KIM 23: No class	Yoga Basics ROBIN 24 No class
2:00 PM	ZUMBA 4 Robin M 11 Sean 18 Kim 25 Lyn						
4:30 PM		BODY ATTACK ABBIE	BODY PUMP LIZ	<i>TABATA TIMING</i> SARA 21: No class	BODY PUMP ABBIE 22: No class		
5:35 PM		BODY PUMP BRANDI	<i>TABATA TIMING</i> ARMON	STRONG SEAN 14,28: Robin 21: No class	ZUMBA ROBIN M 22: No class		
6:45 PM		ZUMBA SEAN					

We will have a Zumba Class on Saturday 11/24 @ 8:10 Happy Thanksgiving !

NOVEMBER 2018

RPM



HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:15 AM			RPM DANIEL		RPM AMANDA 22: No class		
8:10 AM							RPM 3 Daniel 10 Amanda 17 Liz 24 Ann
9:00 AM		RPM AMANDA		RPM LYNNE		RPM ANN 9: Lynne 23: No class	
9:15 AM			RPM AMANDA				
4:30 PM				RPM LIZ			
5:35 PM					RPM ROBIN 8, 29: Armon 22: No class		

NOVEMBER 2018

AQUA EXERCISE-POOL

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:15 AM		Aqua Zumba Lyn	Water in Motion ROBIN	Tabata Timing ROBIN	Aqua Zumba LYN 22: No class	Water in Motion ROBIN 23: No class	Instructor's Choice 3 Lyn 10 Sara 17 Robin 24 No class
11:00 AM		Stretch Your Body ARMON		Stretch Your Body BRENDA		Stretch Your Body SARA 23: No class	
1:00 PM		Senior Water BRENDA		Senior Water ARMON		Senior Water ARMON 23: No class	

**•Brunch & Munch is canceled for November
and will begin again in 2019.**
