**November/December 2020 Group training monthly. New virtual Biggest Loser & Fast track Fitness**

SATURDAY

8:00-9:00 am

 **Spinning & Sculpt**

Brenda

Sunday

5:30-6:30 pm

 Yoga

Haylee

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

**Biggest Loser Starts January 2021**

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:00-8:45 am

**3-2-1**

Molly

November only!

4:30-5:15 pm

**Butts & Gutt’s**

Steph

5:15-6:00 pm

**Kickboxing**

Brenda

###### THURSDAY

5:30-6:15 am

 **Yoga**

Haylee

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

**Turkey Trot**

**5 K RUN**

 **November 26th**

**At 8:30 am**

**HIT & Yoga**

**November 26th**

**9:15-10:15 am**

New Time

4:30-5:15 pm

**Spinning**

Stacy

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

 **Yoga**

Haylee

10:00-11:00 am

**Silver Sneakers**

Ruth

5:00-5:45 pm

**Spinning**

Molly

###### MONDAY

5:30-6:15 am

 **Boot camp**

Brenda

8:00-8:45 am

**Per4mance**

Molly

**Group Personal Training monthly**

**Tuesdays, Wednesday’s, Friday’s 6:00-6:45 am**

**sign up required.**

4:30-5:15 pm

**F.I.T**

Steph

**New Time**

5:15-6:15 pm

 **Yoga**

Molly