NOVEMBER

GROUP EXERCISE SCHEDULE
WEST CABARRUS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15am Cardio & Strength (Stacey)	5:30-6:15am Cycle (John) STUDIO A		5:30-6:15am Cycle (John) STUDIO A		
8:15-9:15am Box and Burn (Laura) STUDIO A	8:15-9:15am Cardio Blast (Laura) STUDIO A	8:30-9:15am Boot Camp (Deanne) STUDIO A	8:30-9:15am Total Strength (Vicki) STUDIO A	8:15-9:15am Step (Laura) STUDIO A	8:15-9:15am Cycle (Janie) STUDIO B
9:30-10:30am Abs, Booty, & Cardio (Nicole) STUDIO A	9:30-10:30am Total Strength (Deanne) STUDIO A	9:30-10:30am Total Strength (Teresa) STUDIO A	9:30-10:30am Barre (Lisa) STUDIO A	9:30-10:30am HIIT (Nicole) STUDIO A	8:15-9:15am Cardio & Strength (Rotating Instructor) STUDIO A
9:30-10:30am Gentle/ Deep Stretch Yoga (Andrea) STUDIO B	9:30-10:30am Basic Yoga Flow (Kelly) STUDIO B	10-11am Foam Roller Massage and Core (Monica) STUDIO B	9:30-10:15am Cycle (Amy) STUDIO B	9:30-10:30am Gentle/Deep Stretch Yoga (Andrea) STUDIO B	10-11am BARRE (Lisa) STUDIO A
10:30-11:30am Dance Fusion (Cathie) GYM A	10:45 -11:45am Pilates (Monica) STUDIO B	1 0 :4 5 -11:45am Silver Sneakers Classic (Kelly) STUDIO A	10:45-11:45am Basic Yoga Sculpt (Andrea) STUDIO B	10:45-11:45am Dance Fusion (Elizabeth) GYM A	Power Yoga will be offered on select Saturdays each month at 9:30am in Studio B. November 7th & 21st
10:45-11:45am Easy Does It Cardio & Strength (Julia) STUDIO A	10:45-11:30am Silver Sneakers Classic (Kelly) STUDIO A	12-12:45pm Silver Sneakers BOOM MOVE (Cathie) STUDIO A	11-12pm Silver Sneakers Classic (Cathie) STUDIOA	6-6:50pm REFIT (Jill) STUDIO A	
12:00-1:00pm Silver Sneakers Classic (Cathie) STUDIO A	11:30-12:15pm Chair Yoga (Kelly) STUDIO A	5:15-5:55pm Pilates (Vanishea) STUDIO B	12:15-1:15pm Chair Yoga (Jim) STUDIOA		
5:45-6:45pm Total Strength (Vicki) STUDIO A	12:30-1:30pm Silver Sneakers Circuit (Alma) STUDIO A	6-6:45pm Cycle (John) STUDIO B	1:00-1:45pm Pilates (Abby) STUDIO B		
5:45-6:30pm Cycle (Elizabeth) STUDIO B	6-7pm Cardio Blast (Laura) STUDIO B	6-6:55pm Step Interval (Brenda) STUDIO A	1:30-2:30pm Tai Chi (Jim) STUDIO A		
6:45-7:45pm Yoga Fusion (Natela) STUDIO B	6:00-7:00pm BARRE (Abby) STUDIO A	7:05-8:05pm Basic Yoga Flow (Natela) STUDIO A	5:00-5:45pm Zumba (Cathie) STUDIO A		
7-8pm Cardio Dance (Vanishea) STUDIO A	7-8pm Dance & Sculpt (Taqwanda) STUDIO A		6-6:45pm Total Strength (Vanishea) STUDIO A		
			6:30-7:30pm Yoga Fusion (Sara) STUDIO B		

Questions? Contact:
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