

# NOVEMBER GROUP EX SCHEDULE

Classes highlighted in green are new this month.

Reserve your spot in Mindbody starting at midnight two days before your class.

Virtual classes are included in your membership and are not an additional cost.

Any additional class spaces will be filled on a first-come-first-served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CARDIO CRAZE</b> GYMNASIUM 6:15 - 7:00 a.m. <i>with Caylene</i>	<b>SPIN</b> COMMUNITY ROOM 6:15 - 7:00 a.m. <i>with Jess</i>	<b>CARDIO CRAZE</b> GYMNASIUM 6:15 - 7:00 a.m. <i>with Caylene</i>	<b>LO/HI</b> GYMNASIUM 7:00 - 7:45 a.m. <i>with Cassie</i>	<b>SPIN</b> COMMUNITY ROOM 6:15 - 7:00 a.m. <i>with Jess</i>	<b>SPIN</b> COMMUNITY ROOM 8:00 - 8:45 a.m. <i>with Jess</i>
<b>PUMP IT UP STRENGTH</b> GYM/VIRTUAL 8:15 - 9:00 a.m. <i>with Theresa</i>	<b>TRX POWER</b> GYMNASIUM 8:45 - 9:30 a.m. <i>with Caylene</i>	<b>SPIN</b> C. ROOM/VIRTUAL 8:15 - 9:15 a.m. <i>with Theresa</i>	<b>ESSETRICS</b> COMMUNITY ROOM 8:15 - 9:15 a.m. <i>with Carolyn</i>	<b>SPIN</b> C. ROOM/VIRTUAL 9:30 - 10:30 a.m. <i>with Theresa</i>	<b>TABATA</b> GYM/VIRTUAL 9:00 - 9:45 a.m. <i>with Theresa</i>
<b>SPIN</b> C. ROOM/VIRTUAL 9:30 - 10:30 a.m. <i>with Theresa</i>	<b>APPRENTICE ESSETRICS</b> DANCE/FITNESS 9:30 - 10:30 a.m. <i>with Charlie</i>	<b>ESSETRICS</b> COMMUNITY ROOM 9:30 - 10:30 a.m. <i>with Carolyn</i>	<b>BEGINNER TRX</b> GYM/VIRTUAL 8:45 - 9:15 a.m. <i>with Theresa</i>	<b>TONE CENTRAL</b> GYM/VIRTUAL 9:30 - 10:15 a.m. <i>with Caylene</i>	<b>KUNDALINI YOGA</b> DANCE/FITNESS 9:15 - 10:45 a.m. <i>with Moni</i>
<b>ZUMBA</b> GYMNASIUM 6:00 - 7:00 p.m. <i>with Lin</i>	<b>MAT PILATES</b> VIRTUAL 9:30 - 10:30 a.m. <i>with Lynn</i>	<b>CIRCUIT TRAINING</b> GYM/VIRTUAL 9:45 - 10:30 a.m. <i>with Theresa</i>	<b>ADV./INTER. TRX</b> GYM/VIRTUAL 9:30 - 10:15 a.m. <i>with Theresa</i>		<b>MIXXED FIT</b> GYMNASIUM 10:00 - 11:00 a.m. <i>with Erin</i>
<b>SPIN</b> COMMUNITY ROOM 7:15 - 8:00 p.m. <i>with Amy</i>	<b>ESCAPE</b> GYMNASIUM 9:45 - 10:30 a.m. <i>with Dante</i>	<b>TRX POWER</b> GYMNASIUM 6:00 - 6:45 p.m. <i>with Dante</i>	<b>ADV./INTER. PILATES</b> VIRTUAL 9:30 - 10:30 a.m. <i>with Lynn</i>		<b>SUNDAY</b>
	<b>YOGA</b> C. ROOM/VIRTUAL 10:00 - 11:00 a.m. <i>with Theresa</i>	<b>SPIN</b> COMMUNITY ROOM 7:15 - 8:00 p.m. <i>with Amy</i>	<b>BOOTCAMP</b> GYMNASIUM 6:00 - 6:45 p.m. <i>with Dante</i>		<b>SPIN</b> COMMUNITY ROOM 9:15 - 10:00 a.m. <i>with Jen</i>
	<b>VINYASA YOGA</b> VIRTUAL 7:00 - 8:00 p.m. <i>Alyssa</i> <small>*also broadcast live in Community Room</small>		<b>VINYASA YOGA</b> VIRTUAL 7:00 - 8:00 p.m. <i>with Alyssa</i> <small>*also broadcast live in Community Room</small>		<b>PILATES</b> VIRTUAL 9:30 - 10:30 a.m. <i>with Brittany</i>