

NOVEMBER SUMMIT GROUP FIT

				AEROBICS ROOM DOWNSTAIRS	YOGA STUDIO UPSTAIRS	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	STRENGTH & CONDITION STACI (45)		STRENGTH & CONDITION STACI (45)				NOVEMBER SPECIALTY CLASSES ATHLETIC CONDITIONING WITH ELIZABETH SATURDAY NOVEMBER 18 10:30-NOON TURKEY DAY CORE EXPRESS WITH ELIZABETH THANKSGIVING DAY 9:30-10AM ENDURANCE RIDE WITH ELIZABETH SUNDAY NOVEMBER 26 10:30-NOON
5:45		CYCLE CAMIE (45)			CYCLE CAMIE (45) NO CLASS NOV 24		
8:15						CYCLE JEFF (45)	
9:00	BARBELL STRENGTH PATTY (60)	SILVER CHALLENGE OLIVIA (60)	STRENGTH & CONDITION DANIELLE (60)	SILVER CHALLENGE ELAINE (60) NO CLASS NOV 9	STRENGTH & CONDITION PATTY (60)	CORE EXPRESS STAFF (30)	
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		YIN YOGA EMILY D (60)		
9:15		CYCLE PATTY (45)		CYCLE PATTY (45)			
9:30						YIN YOGA JAN (60)	
10:00		CORE EXPRESS PATTY (30)		CORE EXPRESS PATTY (30)			
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		
11:45	BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		
12:05	CYCLE ELIZABETH (45)		CYCLE PATTY (45)		CYCLE ANIKA (45)		
12:15		BOOTCAMP DEDRICK (45)		BOOTCAMP DEDRICK (45)			
4:00		YAMUNA BODY ROLLING CHRISTINE (60)					
4:30	YOGA SEAN (60)		YOGA SEAN (60) NO CLASS NOV 22				
5:00	STRENGTH EXPRESS JEFF (30)	CYCLE LEAH (60)	STRENGTH EXPRESS OLIVIA (30) NO CLASS NOV 22				
5:30	ZUMBA! PAOLA (60)	STRENGTH & CONDITION DANIELLE (45)	PILATES OLIVIA (60) NO CLASS NOV 22	STEP & STRENGTH NEAL (60)			
5:30			CYCLE CASSIE (45) NO CLASS NOV 22				
5:45	CYCLE JEFF (45)						
6:15		BOXING DEDRICK (45) NO CLASS NOV 21 & 28					
6:30	BUTTS & GUTS DEDRICK (45) NO CLASS 20 & 27		BOOT CAMP LUCY (45) NO CLASS NOV 22				

4-5:15pm
EASY SUNDAY YOGA
NOVEMBER 5
YIN YOGA
EMILY DAVALOS

 NOVEMBER 12
YIN YOGA
WENDY WETZEL

 NOVEMBER 19
RESTORATIVE
YOGA
EMILY McROBBIE

 NOVEMBER 26
YIN YOGA
WENDY WETZEL