

Group Fitness Classes November 2022

cccSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court SH=Staunton High RB=Racquetball Court	1 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	2 5:45 BCamp(CS) <u>Lisa</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	3 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Sarabeth</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>No Class</u>	4 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	5 8:30 Cycling(CS) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u>
6 3:00 Gentle Flow Yoga (MB) <u>Dawn</u>	7 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>SBJ</u>	8 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u>	9 5:45 BCamp(CS) <u>Iris</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	10 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u>	11 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	12 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Ginger</u>
13 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	14 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Nancy</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>Jenn</u>	15 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	16 5:45 BCamp(CS) <u>Iris</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Sarabeth</u> 6:00 Gentle Flow(MB) <u>MA</u>	17 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Melissa A</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>No Class</u>	18 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	19 8:30 Cycling(CS) <u>Ginger</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u>
20 3:00 Gentle Flow Yoga (MB) <u>Ginger</u>	21 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>No Class</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>SBJ</u>	22 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>No Class</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	23 5:45 BCamp(CS) <u>Lisa</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>No Class</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	24 The Y is closed in observance of Thanksgiving 	25 There are no group fitness classes today 	26 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u>
27 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	28 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Mason</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>No Class</u> 6:00 Zumba(CS) <u>No Class</u> 6:30 Cycle(CS) <u>SBJ</u>	29 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	30 5:45 BCamp(CS) <u>Iris</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>			