


Group Fitness Classes November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court	*Please note the time change to the Cycling Class on Monday & Wednesday. Both classes will now begin at 6pm.	1 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Virtual 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CS) Jenn 6:00 Gentle Flow(MB) MA	2 5:45 Lift&Pump(CS) Iris 8:30 BCamp(BB) Eleanor 8:30 Gentle Flow Yoga(MB) Nancy 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Mason 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) Stephanie	3 8:00 *Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Virtual 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda 10:30 Align(CS) Eleanor	4 8:30 Cycling(CS) Lisa 8:30 Gentle Flow Yoga(MB) Dawn
5 3:00 Gentle Flow Yoga (MB) Nancy	6 5:45 Tabata(CS) Iris 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Gentle Flow(MB) Nancy 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CS) Sarabeth	7 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 BCamp(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 5:30 Lift&Pump(CS) Jenn 5:30 Vinyasa Yoga(MB) Sarabeth	8 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CS) Jenn 6:00 Gentle Flow(MB) MA	9 5:45 Lift&Pump(CS) Lisa 8:30 BCamp(BB) Eleanor 8:30 Gentle Flow Yoga(MB) Tim 11:00 Senior Fit (CS) Eleanor 11:15 PACE(MB) Billie 5:30 Vinyasa Yoga(MB) Tim 6:00 Zumba(CS) Stephanie	10 8:00 *Step (CS) No Class 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda 10:30 Align(CS) Eleanor	11 8:30 Cycling(CS) Jenn 8:30 Gentle Flow Yoga(MB) Billie
12 3:00 Gentle Flow Yoga (MB) Dawn	13 5:45 Tabata(CS) Iris 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CS) Sarabeth	14 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 BCamp(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	15 5:45 BCamp(CS) Iris 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CS) Jenn 6:00 Gentle Flow(MB) MA	16 5:45 Lift&Pump(CS) Iris 8:30 BCamp(BB) Eleanor 8:30 Gentle Flow Yoga(MB) Tim 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Mason 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) No Class	17 8:00 *Step (CS) Iris 8:30 Fit For Life(BB) No Class 8:30 Pilates(MB) Sheree 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda 10:30 Align(CS) Eleanor	18 8:30 Cycling(CS) Sarabeth 8:30 Gentle Flow Yoga(MB) Mason
19 3:00 Gentle Flow Yoga (MB) Mason	20 5:45 Tabata(CS) Iris 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) No Class 8:30 Gentle Flow(MB) Dawn 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CS) Jenn	21 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Tim 8:30 BCamp(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	22 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Tim 6:00 Cycling(CS) Jenn 6:00 Gentle Flow(MB) Tim	23 Happy Thanksgiving! The Y is closed today. 	24 There are no Group Fitness classes today.	25 8:30 Cycling(CS) Iris 8:30 Gentle Flow Yoga(MB) Billie
26 3:00 Gentle Flow Yoga (MB) Billie	27 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CS) Sarabeth	28 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 BCamp(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Billie 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Sarabeth	29 5:45 BCamp(CS) Iris 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CS) Jenn 6:00 Gentle Flow(MB) MA	30 5:45 Lift&Pump(CS) Iris 8:30 BCamp(BB) Eleanor 8:30 Gentle Flow Yoga(MB) Billie 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Mason 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) Stephanie		