

# Group Fitness A.M. CLASSES



## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio Key:</b> (A) Large Studio (B) Small Studio (Gy) Gymnasium (P) Pool	<i>*Preregistration/Fee applied to classes</i>		)		1 6am BLAST-Tyler(A) 8am All Level Yoga-Carra (B) 9am BLAST-Jahson(A) 9am Chair Yoga-Carra (B) 10am WaterFit-Tarsha (P) 10am Zumba-Velmy (A) 11am Bal&Strength-Tyler (A)	2 9am Cycle-Sandy (B) 10am Barre-Sandy(A) 10:15am <b>No Core+More</b>
3	4 6am BLAST-Brandi (A) 9am Total Strength-Aislinn (A) 10am WaterFit-Kristi (P)	5 6am Cardio Mix-Heather 9am Yogalates-Nancy (A) 9am Strong30-Velmy (B) 10am SilverFit-Nancy (Gy) 11am WaterFit-Meredith (P) 11am Tai Chi L1-Nancy (A) *	6 6am Cycle-Ulli (B) 8am All LevelYoga-Carra(B) 9am Total Strength-Tyler(A) 9am Chair Yoga-Carra (B) 10am Gentle Yoga Carra(A) 10am WaterWalk Club (P) 11am Balance&Flex Tyler(A)	7 6am Total Strength-Tyler(A) 6:30am DeepWater -Kristi (P) 9am Yogalates-Carra (A) 9am Cirl Mobility-Velmy (B) 10am Zumba Gold-Velmy (B) 10am SilverFit-Meredith (A) 11am WaterFit-Tarsha (P)	8 6am WorkItCircuit-Brandi (A) 8am Gentle Yoga-Nancy (B) 9am BLAST-Jahson(A) 9am Chair Yoga-Nancy(B) 10am WaterFit-Tarsha (P) 10am Zumba-Velmy (A) 11am Bal&Strength-Tyler (A)	9 9am Cycle-Karen S. (B) 10am Gentle Yoga-Karen S. (A) 10:15am Core+More Brandi (B)
10	11 6am BLAST-Brandi (A) 9am Total Strength-Aislinn (A) 10am WaterFit-Kristi (P)	12 6am Cardio Mix-Heather 9am Yogalates-Nancy (A) 9am Strong30-Velmy (B) 10am SilverFit-Nancy (Gy) 11am WaterFit-Tarsha (P) 11am Tai Chi L1-Nancy (A) *	13 6am Cycle-Ulli (B) 8am All LevelYoga-Carra (B) 9am Total Strength-Tyler(A) 9am Chair Yoga-Carra (B) 10am Gentle Yoga Carra(A) 10am WaterWalk Club (P) 11am Balance&Flex Tyler(A)	14 6am Total StrengthTyler(A) 6:30am DeepWater -Kristi (P) 9am Yogalates-Carra (A) 9am Cirl Mobility-Velmy (B) 10am Zumba Gold-Velmy (B) 10am SilverFit-Sandy (A) 11am WaterFit-Tarsha (P)	15 6am WorkItCircuit-Brandi (A) 8am Gentle Yoga-Carra (B) 9am BLAST-Jahson(A) 9am Chair Yoga-Carra(B) 10am WaterFit-Tarsha (P) 10am Zumba-Velmy (A) 11am Bal&Strength-Tyler (A)	16 9am Cycle-Aislinn(B) 10am Barre-Aislinn (A) 10:15am Core+More Brandi (B)
17	18 6am BLAST-Brandi (A) 9am Total Strength-Aislinn (A) 10am WaterFit-Kristi (P)	19 6am Cardio Mix-Heather 9am Yogalates-Nancy (A) 9am Strong30-Velmy (B) 10am SilverFit-Nancy (Gy) 11am WaterFit-Meredith (P) 11am Tai Chi L1-Nancy (A)*	20 6am Cycle-Ulli (B) 8am All LevelYoga-Carra(B) 9am Total Strength-Tyler(A) 9am Chair Yoga-Carra (B) 10am Gentle Yoga Carra(A) 10am WaterWalk Club (P) 11am Balance&Flex Tyler(A)	21 6am Total StrengthTyler(A) 6:30am DeepWater -Kristi (P) 9am Yogalates-Carra(A) 9am Cirl Mobility-Velmy (B) 10am Zumba Gold-Velmy (B) 10am SilverFit-Meredith (A) 11am WaterFit-Tarsha (P)	22 6am WorkItCircuit-Brandi (A) 8am All Level Yoga-Carra (B) 9am BLAST-Jahson(A) 9am Chair Yoga-Carra (B) 10am WaterFit-Tarsha (P) 10am Zumba-Velmy (A) 11am Bal&Strength-Tyler (A)	23 9am Cycle-Allie (B) 10am Total Strength-Sandy (A) 10:15am Core+More Brandi (B)
24	25 6am BLAST-Brandi (A) 9am Total Strength-Aislinn (A) 10am WaterFit-Kristi (P)	26 6am Cardio Mix-Heather 9am Yogalates-Nancy (A) 9am Strong30-Velmy (B) 10am SilverFit-Nancy (Gy) 11am WaterFit-Tarsha (P) 11am Tai Chi L1-Nancy (A)*	27 6am Cycle-Ulli (B) 8am All LevelYoga-Carra(B) 9am Total Strength-Tyler(A) 9am Chair Yoga-Carra (B) 10am Gentle Yoga Carra(A) 10am WaterWalk Club (P) 11am Balance&Flex Tyler(A)	28 9am Cycle-Karen (B) 10am BLAST-Mikayla (A)  <i>Happy Thanksgiving!</i>	29 6am <b>No WorkItCircuit</b> (A) 8am All Level Yoga-Nancy (B) 9am BLAST-Jahson(A) 9am Chair Yoga-Nancy (B) 10am WaterFit-Tarsha (P) 10am Zumba-Velmy (A) 11am Bal&Strength-Tyler (A)	30 9am Cycle-Sandy (B) 10am Barre-Sandy (A) 10:15am <b>No Core+More</b>

# Group Fitness P.M. CLASSES



## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio Key:</b> (A) Large Studio (B) Small Studio (Gy) Gymnasium (P) Pool	<b>*Preregistration/Fee applied to classes</b>  <b>**\$10 for Non-members</b>				1	2
3 2pm Relax & Stretch Warm Water Pool – Jane 3:45pm Gentle Yoga-Allie (A)	4 5:30pm Zumba-Heather(A) 5:30pm Cycle-Sandy (B) 5:45pm WaterFit-Jenny (P) 6:30pm Barre-Sandy (A)	5 12pm Decompress&Deep Stretch-Meredith (P) 12pm Tai Chi L2-Nancy (A)* 1pm Parkinson’s Chair Exercise ** 4:30 All Level Yoga-Carra (A) 5:45pm WaterFit-Laura (P) 5:45pm Circuit Training-Velmy (A) 6:45pm GentleFlowYoga-Jenny (A)	6 1pm Parkinson’s Exer** 4:30pm YogaFlow-Jenny (A) 5:30pm Cycle-Allie (B) 5:45pm WaterFit-Kristi (P) 5:45pm WorkItCircuit-Brandi (A)	7 12pm LessPainW/Jane (P) 1pm SWiFt for Cancer-Carra (B) 4:30pm All Level Yoga-Allie (A) 5:45pm Total Strength-Jahson (A) 5:45pm WaterFit-Laura (P)	8	9
10 2pm Relax & Stretch Warm Water Pool – Jane 3:45pm Gentle Yoga-Karen (A)	11 5:30pm Zumba-Heather(A) 5:30pm Cycle-Sandy (B) 5:45pm WaterFit-Jenny (P) 6:30pm Barre-Sandy (A)	12 12pm Decompress&Deep Stretch-Tarsha (P) 12pm Tai Chi L2-Nancy (A)* 1pm Parkinson’s Chair Exercise ** 4:30 All Level Yoga-Carra (A) 5:45pm WaterFit-Laura (P) 5:45pm Circuit Training-Velmy (A) 6:45pm GentleFlowYoga-Jenny (A)	13 1pm Parkinson’s Exer** 4:30pm YogaFlow-Jenny (A) 5:30pm Cycle-Justin (B) 5:45pm WaterFit-Kristi (P) 5:45pm WorkItCircuit-Brandi (A)	14 12pm LessPainW/Jane (P) 1pm SWiFt for Cancer-Carra (B) 4:30pm All Level Yoga-Allie (A) 5:45pm Total Strength-Jahson (A) 5:45pm WaterFit-Brandi (P)	15	16
17 2pm Relax & Stretch Warm Water Pool – Jane 3:45pm Gentle Yoga-Allie (A)	18 5:30pm Zumba-Heather(A) 5:30pm Cycle-Sandy (B) 5:45pm WaterFit-Jenny (P) 6:30pm Barre-Sandy (A)	19 12pm Decompress&Deep Stretch-Meredith (P) 12pm Tai Chi L2-Nancy (A)* 1pm Parkinson’s Chair Exercise ** 4:30 All Level Yoga-Carra (A) 5:45pm WaterFit-Laura (P) 5:45pm Circuit Training-Velmy(A) 6:45pm GentleFlowYoga-Jenny (A)	20 1pm Parkinson’s Exer** 4:30pm YogaFlow-Jenny (A) 5:30pm Cycle-Allie (B) 5:45pm WaterFit-Kristi (P) 5:45pm No WorkItCircuit (A)	21 12pm LessPainW/Jane (P) 1pm SWiFt for Cancer-Carra (B) 4:30pm All Level Yoga-Allie (A) 5:45pm Total Strength-Jahson (A) 5:45pm WaterFit-Laura (P)	22	23
24 2pm Relax & Stretch Warm Water Pool – Jane 3:45pm Gentle Yoga-Allie (A)	25 5:30pm Zumba-Heather(A) 5:30pm Cycle-Sandy (B) 5:45pm WaterFit-Jenny (P) 6:30pm Barre-Sandy (A)	26 12pm Decompress&Deep Stretch-Tarsha (P) 12pm Tai Chi L2-Nancy (A)* 1pm Parkinson’s Chair Exercise ** 4:30 All Level Yoga-Carra (A) 5:45pm WaterFit-Laura (P) 5:45pm Circuit Training-Velmy(A) 6:45pm GentleFlowYoga-Jenny (A)	27 1pm Parkinson’s Exer** 4:30pm YogaFlow-Jenny (A) 5:30pm PUMPKIN PEDAL Cycle-Allie (B) 5:45pm No WaterFit(P) 5:45pm No WorkItCircuit(A)	28 <b>Happy Thanksgiving!</b>  <b>Sagewell Hours 7am – 1pm</b>	29	30

# Pilates Reformer Classes November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	.				1	2
3 11am Level 1.0-Julia	4 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie  6:30pm Level .5/1.0-Julia	5 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	6 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie	7 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	8	9
10 11am Level 1.0-Julia	11 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie  6:30pm Level .5/1.0-Julia	12 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	13 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie	14 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	15	16
17 11am Level 1.0-Julia	18 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie  6:30pm Level .5/1.0-Julia	19 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	20 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie	21 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	22	23
24 11am Level 1.0-Julia	25 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie  6:30pm Level .5/1.0-Julia	26 5:30pm Level 1.0-Maggie 6:30pm Level 1.5-Maggie	27 10am Level .5-Maggie 11am Level 1.0-Maggie 12pm Level 1.5-Maggie	28  No Classes  Happy Thanksgiving!	29  <i>All classes are held in Studio B</i>	30