

Mon	Tue	Wed	Thu	Fri	Sat/Promos
<p>Please note: Classes are subject to change pending instructor availability</p>	<p>*Denotes new class/sub/instructor</p>	<p>All Group Fitness Classes are held in the Aerobics Room (upstairs), except the following: Classes in red are held in the Boxing Room. (first floor) Classes in blue are held in the Spin Room (first floor).</p>	<p>GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes (except Krav Maga and Boxing for Fitness)</p>	<p>1 0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/Lindsay 1145 Indoor Cycling w/Raul</p>	<p>2 *1000 Indoor Cycling w/Raul</p>
<p>4 0900 Zumba w/Veronica 0900 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1715 iRest Yoga Nidra Workshop Pre-registration Required 1730 Indoor Cycling w/ Raul</p>	<p>5 0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>6 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>7 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>8 0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>9 *1000 Indoor Cycling w/Raul</p>
<p>11 Veterans Day No Classes</p>	<p>12 0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/*Colleen 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba Step w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>13 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>14 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>15 0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>16 *1000 Indoor Cycling w/Raul 1000 Zumbathon Patch Fitness Center</p>
<p>18 0900 Zumba w/Veronica 0900 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1715 iRest Yoga Nidra Workshop Pre-registration Required 1730 Indoor Cycling w/ Raul</p>	<p>19 0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>20 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>21 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>22 0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/Raul</p>	<p>23 *1000 Indoor Cycling w/Raul</p>
<p>25 0900 Zumba w/Veronica 0900 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1715 iRest Yoga Nidra Workshop Pre-registration Required 1730 Indoor Cycling w/ Raul</p>	<p>26 0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba Step w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>27 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>28 Thanksgiving No Classes</p>	<p>29 0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>30 *1000 Indoor Cycling w/ Raul</p>