



YOGA AND PILATES - NOVEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>YOGA w/ CARMEN 830AM-930AM Group Ex Room</p>	<p>YOGA w/ John 8AM-9AM</p>		<p>YOGA w/ KATHY 830AM-930AM</p>	<p>YOGA w/ KATHY 830AM-930AM IN THE KIDFIT ROOM</p>
	<p>YOGA with AMANDA 530PM-630PM</p>	<p>MAT PILATES with RACHEL 930AM-1030AM</p>	<p>YOGA with AMANDA 530PM-630PM</p>	<p>MAT PILATES with RACHEL 930AM-1030AM</p>	
<p>PIYO (Pilates/Yoga) with FRANCEE 630PM-730PM</p>	<p>PIYO (Pilates/Yoga) with JANICE 630PM-730PM</p>		<p>PIYO (Pilates/Yoga) with JANICE 630PM-730PM</p>		
	<p>Salsa Fitness w/ Juan will be ending Nov. 25th Kidfit Room 7:30-8:30pm</p>		<p>SALSA FITNESS w/ JUAN will now be ending Nov 25 KIDFIT ROOM 730PM-830PM</p>		
				<p>ASK DAPHNE FOR MORE DETAILS ON HOW TO SIGN UP FOR PILATES REFORMER CLASSES.</p>	

BE SURE TO BRING YOUR MAT AND A TOWEL!!

THERE IS AN ADDITIONAL CHARGE FOR ALL PILATES REFORMER CLASSES. MUST SIGN UP AT FRONT DESK.