

BLACK FRIDAY BURN!

Don't forget!
Schedule classes (except Active Aging) on the portal/app.

MODIFIED Group Fitness Schedule for November 25, 2022

Please note: Regularly scheduled classes **will not be held.**

STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:15 AM	BODYATTACK 45	Jen Fanaro
9:30 - 10:15 AM	BODYPUMP 45	Christine Mitchell

BLUE STUDIO

TIME	CLASS	INSTRUCTOR
9:15 - 10:00 AM	Cycle 45	Carol Minguez

MB STUDIO

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	BODYBALANCE	Val Deibler

BASKETBALL COURT (No need to reserve class)

TIME	CLASS	INSTRUCTOR
10:15 AM	SilverSneakers Circuit	Uma Parikh

POOL (\$5 for members | buy/book on portal/app)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 AM	Aqua Strong	Chris Butler

REP ROOM (\$5 for members | buy/book on portal/app)

TIME	CLASS	INSTRUCTOR
9:00 - 9:50 AM	SWITCH 50	BZ Trainer Stephen Kupetz

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BODY
ZONE
Sports and Wellness Complex