

November 2018 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 28	October 29 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	October 30 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	October 31 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	1 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	2 5:30-6:30p GetFit	3
4	5 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	6 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	7 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	8 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	9 5:30-6:30p GetFit	10
11 CLOSED VETERANS DAY OBSERVED	12 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	13 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	14 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	15 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	16 5:30-6:30p GetFit	17
18	19 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	20 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	21 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	22 CLOSED THANKSGIVING	23 CLOSED THANKSGIVING	24
25	26 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	27 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	28 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	29 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30 Kickboxing	30 5:30-6:30p GetFit	December 1