Update 10/30/18

November 2018 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 28	October 29 5:45-6:30a Boot Camp-**Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Amber** 5:40-6:10p POUND®-**Amber** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	October 30 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba®	October 31 5:45-6:30a Boot Camp-**Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	1 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water-**Taryn** 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** ***6:20-7:20p No Water Aerobics tonight* 6:45-7:30 Pilates-**Jo**	2 9-9:45a Quick Fit 9-10a Water Aerobics- **Taryn** 4:30-5:30p Quick Fit-**Amber** ***5:30-6:30p No Yoga tonight*	3 9:30-10:30a Zumba®-**Alisha** 10:30-11:30 Yoga-**Silke**
4	5 5:45-6:30a Boot Camp- **Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Zumba® ***6:20-7:20p No Water Aerobics tonight* 6:30-7:30p Yoga-**Michela**	6 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba®	7 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	8 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30 Pilates-**Jo**	9 9-9:45a Quick Fit 9-10a Water Aerobics- **Taryn** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	10 9:30-10:30a Zumba®-**Alisha**
11 **CLOSED VETERANS DAY OBSERVED**	12 5:45-6:30a Boot Camp-**Taryn** ***9-10a No Mix It Up Monday this morning* 8:30-9:30a Water Aerobics-**Bea** ***10:15-11a No Pilates* 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Hannah** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	13 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba®	14 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	15 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30 Pilates-**Jo**	16 9-9:45a Quick Fit 9-10a Water Aerobics- **Taryn** 4:30-5:30p Quick Fit-**Will** ***5:30-6:30p No Yoga tonight*	17 9:30-10:30a Quick Fit-**Will**

18	19 5:45-6:30a Boot Camp**- Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit**- Taryn** 5:40-6:10p POUND®**-Amber** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga**-Michela**	20 5:45-6:30a Boot Camp**-Amber** 9-10a Deep Water 9-10a Fitness Fusion**-Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga**-Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba®	21 5:45-6:30a Boot Camp**- Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics - **Taryn** 10-10:45a Pilates 4:30-5:15p Quick Fit**-Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga**-Michela**	22 **CLOSED** **THANKSGIVING**	23 **CLOSED** **THANKSGIVING**	24 9:30-10:30a Quick Fit**-Will**
25	26 5:45-6:30a Boot Camp**- Taryn** 9-10a Mix It Up Monday ***NO Water Aerobics-Pool CLOSED for cleaning*** 10:15-11a Pilates 4:30-5:15p Quick Fit**-Wil** 5:40-6:10p POUND®**-Sarah** 6:20-7:20p Zumba®**-Kristen** ***NO Water Aerobics-Pool CLOSED for cleaning*** 6:30-7:30p Yoga**-Michela**	27 5:45-6:30a Boot Camp**-Amber** ***NO Deep Water-Pool CLOSED for cleaning*** 9-10a Fitness Fusion**-Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga**-Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle ***NO Water Aerobics-Pool CLOSED for cleaning*** 6:30-7:30p Zumba®	28 5:45-6:30a Boot Camp**-Amber** 9-9:45a GIT Fit ***NO Water Aerobics-Pool CLOSED for cleaning*** 10-10:45a Pilates 4:30-5:15p Quick Fit**-Will** 6:15-7:15p Zumba®**-Alisha** 6:30-7:30p Yoga**-Michela**	29 5:45-6:30a Boot Camp**-Amber** ***NO Deep Water-Pool CLOSED for cleaning*** 9-10a Fitness Fusion**-Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga**-Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** ***NO Water Aerobics-Pool CLOSED for cleaning*** 6:45-7:30 Pilates**-Jo**	30 9-9:45a Quick Fit ***NO Water Aerobics-Pool CLOSED for cleaning*** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga**-Silke**	December 1 9:30-10:30a Zumba®-**Alisha**