















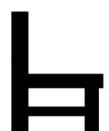









# November Group Fitness Schedule of Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 8:30-9:30 AM <b>AQUA FIT</b> Intermediate	 8:15-9:15 AM <b>AQUA FIT</b> Intermediate	 8:30-9:30 AM <b>AQUA FIT</b> Intermediate	 8:15-9:15 AM <b>AQUA FIT</b> Intermediate	 8:30-9:15 AM <b>AQUA THERAPY</b> Beginner	 9:30-10:30 AM <b>SIT FIT+</b> Intermediate
 8:30-9:30 AM <b>TOTAL FITNESS</b> Intermediate/Advanced	 8:30-9:00 AM <b>TAI CHI</b> All Levels	 8:30-9:30 AM <b>TOTAL FITNESS</b> Intermediate/Advanced	 8:30-9:00 AM <b>MEDITATION</b> All Levels	 8:30-9:30 AM <b>TOTAL FITNESS</b> Intermediate/Advanced	 11:00-12:00 PM <b>YOGA</b> All Levels
 10:00-10:45 AM <b>SIT FIT</b> Intermediate	 9:45-10:15 AM <b>BODY MOVES</b> Beginner	 10:00-10:45 AM <b>SIT FIT</b> Intermediate	 9:00-9:30 AM <b>TAI CHI</b> All Levels	 10:00-10:45 AM <b>SIT FIT</b> Intermediate	
<b>**NEW**</b>  11:00-11:30 PM <b>BETTER BALANCE</b> All Levels	 10:30-11:30 AM <b>LINE DANCING</b> Intermediate	 2:00-3:00 PM <b>TAP DANCING</b> Intermediate	 9:45-10:15 AM <b>BODY MOVES</b> Beginners	<b>**NEW**</b>  11:00-11:30 AM <b>BETTER BALANCE</b> All Levels	<b>CANCELLATIONS</b> Thanksgiving Day <b>ALL CLASSES</b>  Total Fitness 11/24
 2:00-3:00 PM <b>TAP DANCING</b> Intermediate			 10:30-11:30 AM <b>LINE DANCING</b> Intermediate		

\*\*\*\*\*New Balance Class every Monday and Friday at 11:00 a.m.\*\*\*\*\*