

NOVEMBER

FITNESS CLASSES WITH DONNA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 YOGA 9:30 – 10:30	4 CIRCUIT 9:30 – 10:30	5 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	6 BOOM 9:30 – 10:30	7 YOGA 9:30 – 10:30	8
9	10 YOGA 9:30 – 10:30	11 CIRCUIT 9:30 – 10:30	12 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	13 BOOM 9:30 – 10:30	14 YOGA 9:30 – 10:30	15
16	17 YOGA 9:30 – 10:30	18 CIRCUIT 9:30 – 10:30	19 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	20 BOOM 9:30 – 10:30	21 YOGA 9:30 – 10:30	22
23	24 YOGA 9:30 – 10:30	25 CIRCUIT 9:30 – 10:30	26 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	27 NO CLASS HAPPY THANKSGIVING	28 YOGA 9:30 – 10:30	29
30						



SilverSneakers
by Tivity Health