



November



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 BC 2 <i>Cindi's Zumba</i> 5pm	2 Gentle Yoga 4:30pm <i>Vinyasa Yoga</i> 5:30pm	3 BC 3 <i>SilverSneakers 9am</i> <i>(1) Row 6:30 pm</i>	4 Row 6	5	
	6	7 BC 4 <i>(2) Row 6:30 pm</i>	8 BC 5 <i>SilverSneakers 9am</i> Strength 4:15pm <i>Jenn's Zumba 5pm</i>	9 Row 7 Gentle Yoga 4:30pm <i>Vinyasa Yoga</i> 5:30pm	10 BC 6 <i>Cindi's Zumba</i> 5pm <i>(3) Row 6:30 pm</i>	11 Row 8	12
	13	14 BC 7	15 BC 8 <i>SilverSneakers 9am</i> <i>Cindi's Zumba 5pm</i>	16 Row 9 Gentle Yoga 4:30pm <i>Vinyasa Yoga 5:30pm</i> <i>(4) Row 6:45 pm</i>	17 SilverSneakers 9am Strength 4:15pm <i>Jenn's Zumba 5pm</i>	18 Row 10	19
	20	21 BC 9	22 BC 10 <i>SilverSneakers 9am</i> <i>Cindi's Zumba 5pm</i>	23 Row 11 <i>(5) Row 6:30 pm</i>		25 No Classes	26
	27	28 BC 11 <i>(6) Row 6:30 pm</i>	29 BC 12 <i>SilverSneakers 9am</i> <i>Cindi's Zumba 5pm</i>	30 Row 12 Gentle Yoga 4:30pm <i>Vinyasa Yoga</i> 5:30pm			507-831-0672