



November 2018

Class Schedule

| Sunday       | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday                              |
|--------------|---|---|---|---|--|---------------------------------------|
| CLOSED       |   |   |   | 1<br>10:00am Barre Fitness<br><br>5:30pm Barre Fitness<br>6pm Line Dancing  | 2<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beginning Tai Chi  | 6                                     |
| 4<br>CLOSED  | 5<br>9am Total Body Workout<br>5:30 pm<br>Community Yoga<br>6pm Line Dancing          | 6<br>8:30am Retro Yoga<br>10am Adv. Tai Chi<br>12pm Body Unity<br>1:30pm Sr. Tap Dance<br>5:30pm Barre Fitness<br>6:45pm Adult Hip-Hop  | 7<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beg. Tai Chi  | 8<br>10:00am Barre Fitness<br><br>5:30pm Barre Fitness<br>6pm Line Dancing  | 9<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beginning Tai Chi  | 10                                    |
| 11<br>CLOSED | 12<br><b>10am</b> Total Body Workout<br>5:30 pm<br>Community Yoga<br>6pm Line Dancing | 13<br>8:30am Retro Yoga<br>10am Adv. Tai Chi<br>12pm Body Unity<br>1:30pm Sr. Tap Dance<br>5:30pm Barre Fitness<br>6:45pm Adult Hip-Hop | 14<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beg. Tai Chi | 15<br>10:00am Barre Fitness<br><br>5:30pm Barre Fitness<br>6pm Line Dancing | 16<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beginning Tai Chi | 17                                    |
| 18<br>CLOSED | 19<br>9am Total Body Workout<br>5:30 pm<br>Community Yoga<br>6pm Line Dancing         | 20<br>8:30am Retro Yoga<br>10am Adv. Tai Chi<br>12pm Body Unity<br>1:30pm Sr. Tap Dance<br>5:30pm Barre Fitness<br>6:45pm Adult Hip-Hop | 21<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beg. Tai Chi | 22<br>CLOSED FOR THANKSGIVING HOLIDAY                                       | 23<br>CLOSED FOR THANKSGIVING HOLIDAY  | 24<br>CLOSED FOR THANKSGIVING HOLIDAY |
| 25<br>CLOSED | 26<br><b>10am</b> Total Body Workout<br>5:30 pm<br>Community Yoga<br>6pm Line Dancing | 27 8:30am Retro Yoga<br>10am Adv. Tai Chi<br>12pm Body Unity<br>1:30pm Sr. Tap Dance<br>5:30pm Barre Fitness<br>6:45pm Adult Hip-Hop    | 28<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beg. Tai Chi | 29<br>10:00am Barre Fitness<br><br>5:30pm Barre Fitness<br>6pm Line Dancing | 30<br>9am Total Body Workout<br>10:15am Adv. Tai Chi<br>12pm Beginning Tai Chi |                                       |

Class Fees: \*Total Body Workout - \$6/class \*Tai Chi - join Tai Chi Society \*Retro Yoga- \$8/class \*Line Dancing - \$3/class \*Senior Tap Dance - \$10/class  
\*Community Yoga - \$5/class \*Barre Fitness - \$10/class \*Adult Hip-Hop - \$10/class