

NOVEMBER 2025

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am						
8:00 am		Flow Yoga -Jodie		Mobility&Stretch -Se`	Power Yoga -Joette	
9:00 am	Total Body -Bonnie	HIIT -Bonnie	Gentle Yoga -Cassidy	Flow Yoga -Se`	Pilates -Bonnie	Flow Yoga -Se`
10:00 am	Stretch -Cassidy	Barre -Bonnie	Stretch -Cassidy	HIIT -Bonnie	Aqua Zumba -Bonnie	
10:00 am	Aqua Aerobics -Bonnie		Aqua Aerobics -Bonnie			
11:00 am	Yoga Nidra -Cassidy		Men's Stretch -Cassidy	Barre -Bonnie		
11:00 am	Aqua Aerobics -Bonnie		Aqua Aerobics -Bonnie			
12:00 pm						
4:30 pm	Flow to Fit -Cassidy					
5:30 pm						
6:30 pm						