

# FITNESS SCHEDULE: NOVEMBER

*Schedule will run Monday, October 30th - Saturday, December 2nd, 2023*

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
8:00AM-9:00AM <b>MORNING MOBILITY STRETCH</b> <i>Roby</i> Cycle Studio (starting Nov. 12)				8:00AM-9:00AM <b>VINYASA FLOW YOGA</b> <i>Valerie</i> Yoga Studio		
9:00AM-10:00AM <b>SPIN</b> <i>Roby</i> Cycle Studio (starting Nov. 12)	9:30AM -10:30AM <b>BARRE FITNESS FUSION</b> <i>Heather</i> Cycle Studio	9:30 AM -10:30 AM <b>CORE &amp; MORE MAT FITNESS FUSION</b> <i>Heather</i> Cycle Studio	9:30AM -10:30AM <b>CIRCUIT TRAINING</b> <i>Heather</i> Cycle Studio	9:30AM -10:30AM <b>BIKE &amp; BURN SPIN</b> <i>Heather</i> Cycle Studio	9:30AM-10:30AM <b>RESTORE &amp; REJUVENATE</b> <i>Heather</i> Yoga Studio	
	12:00-1:00PM <b>MAT PILATES</b> <i>Anikke</i> Yoga Studio			12:00-1:00PM <b>VINYASA FLOW YOGA</b> <i>Isabella</i> Yoga Studio		
	4:30PM-5:30PM <b>MEDITATION &amp; RESTORATIVE MOVEMENT</b> <i>Rhea</i> Yoga Studio	4:00PM - 5:00PM <b>VINYASA FLOW YOGA</b> <i>Isabella</i> Yoga Studio	4:00PM - 5:00PM <b>APRÈS SKI PILATES</b> <i>Anikke</i> Yoga Studio			

**Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a water bottle!**