



November

Mind Body

Cardio/Strength

Energy Burst or Mindful Recovery

Monday

Tuesday

Wednesday

Thursday

Friday

8:00AM – 8:30AM
7 Minute Workout

11:00AM – 11:30AM
Barre[^]

11:45AM – 12:00PM
Seated Strength and Stretch

12:00PM – 12:30PM
STRONG NationTM

3:00PM – 3:45PM
Yoga

5:15PM – 6:00PM
Total Body Conditioning[^]

11:00AM – 11:30AM
Yoga Core Fusion

12:00PM – 12:45PM
Zumba

3:00PM – 3:15PM
Energy Burst

3:45PM – 4:15PM
Barre[^]

7:00PM – 7:30PM
Yoga Express

10:00AM – 10:15AM
Planksgiving^{**}

11:00AM – 11:30AM
HIIT

12:00PM – 12:45PM
Yoga

3:00PM – 3:30PM
Pilates^{*}

5:15PM – 5:45PM
Kickboxing^{*}

7:15AM – 8:00AM
Total Body Conditioning^{^*}

11:00AM – 11:30AM
Pilates^{*}

12:00PM – 12:30PM
7 Minute Workout^{*}

3:00PM – 3:15PM
Mindful Recovery^{*}

5:15PM – 6:00PM
Zumba^{*}

8:30AM – 9:00AM
Cardio Core Express^{*}

10:00AM – 10:15AM
Mindful Recovery^{*}

11:00AM – 11:30AM
Barre^{^*}

12:00PM – 12:45PM
Yoga^{*}

3:00PM – 3:30PM
Core Express^{*}

All classes are in Eastern Time and hosted in English unless otherwise noted.

[^]Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.

^{*}Classes cancelled Wednesday 11/24, Thursday 11/25, & Friday 11/26

^{**}Celebrate your core strength every Wednesday in November with Planksgiving! 10am Energy Bursts will focus on plank-based core training each week