



## **FITNESS CLASSES**

**November & December 2020**

**\*\*pre-registration is required for classes; contact instructor directly\*\***

### Monday:

12:15pm-12:45pm Strength & Stretch-Mandy

5:30pm-6:15pm Zumba-Mandy

### Tuesday:

2:00pm-2:45pm Core de Force-Julie

5:30pm-6:15pm Pound-Nora

### Wednesday:

5:30pm-6:15pm Strong by Zumba/Butts & Guts-Jen

6:30pm-7:15pm Zumba-Kari & Christy

### Thursday: (no class Nov 26, Dec 24, Dec 31)

9:00am-9:45am Core de Force-Julie

Thanksgiving Zumba: 11/26, 8:00am-Mandy