**Group Fitness Schedule**

**November-December 2017**

**Monday**
- **Total Body** w/ Camy 8:45am
- **AAA** w/ Liz 10:00am
- **Hatha Yoga** w/ Debbie 6:00pm
- **Zumba** w/ Christine 7:00pm

**Tuesday**
- **Yoga Sculpt** w/ April 10:00am
- **Pump It Up** w/ Liz 4:30pm
- **Power Hour** w/ Jen 5:30pm
- **Zumba** w/ Alejandra 6:30pm

**Wednesday**
- **Total Body** w/ April 8:45am
- **Circuit** w/ Liz 10:00am
- **Vinyasa Yoga** w/ April 6:00pm
- **Zumba** w/ Hikari 7:00pm

**Thursday**
- **Vinyasa Yoga** w/ April 10:00am
- **Power Hour** w/ Camy 5:30pm
- **Broga** w/ Vince 6:30pm

**Friday**
- **Pump It Up** w/ Camy 8:45am
- **Total Body** w/ Liz 10:00am

**Saturday**
- **Total Body** w/ Jen 8:45am

**Sunday**
- **Hatha Yoga** w/ Jen 12:00pm

- **Tuesday, 6:30pm Yoga is now Pound!**
- **Wednesday, 7:00pm Turbo Kick is now Zumba!**