

## NORTHEAST

**Group Fitness Schedule**  
November 2023

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(p)

Director I

5 SUN	6 MON	7 TUE	8 WED	9 THU	10 FRI	11
<b>Dance</b> 1:00 PM Chelsea W.	<b>Power C.S.I.</b> 5:30 AM Tiffany B.	<b>Group Cycling</b> 5:30 AM Chris B.	<b>Step</b> 5:30 AM Vann P.	<b>Yoga</b> 5:30 AM Penny H.	<b>Tabata</b> 5:30 AM Jenny M.	<b>Yog</b> 7:30 Kari I
<b>Water Fit Combo</b> 3:30 PM Amanda M.	<b>Water Fit Combo</b> 5:30 AM Kat K.	<b>Water Fit Combo</b> 8:15 AM Linda L.	<b>Water Fit Combo</b> 5:30 AM Wendy H.	<b>Cycling Fusion®</b> 5:30 AM Jared M.	<b>Water Fit Combo</b> 5:30 AM Jodi C.	<b>Wa Cor</b> 8:00 Wend
	<b>Water Fit Combo</b> 8:15 AM Michelle K.	<b>Latin Hip Hop</b> 9:00 AM Lyndsay F.	<b>Water Fit Combo</b> 8:15 AM Becky C.	<b>Strength Training</b> 9:00 AM Lyndsay F.	<b>Water Fit Combo</b> 8:15 AM Becky C.	<b>Tab</b> 9:00 Jen E
	<b>Step</b> 9:00 AM Renee B.	<b>Power C.S.I.</b> 9:00 AM Lyndsay F.	<b>Cardio Blast</b> 9:00 AM Renee B.	<b>Power C.S.I.</b> 12:00 PM Sara D.	<b>Fit For Life Strength</b> 9:00 AM Miriam L.	
	<b>Enhance Fitness</b> 10:30 AM Michelle K.	<b>Power C.S.I.</b> 12:00 PM Casey C.	<b>Fit For Life Chair Stretch/Yoga</b> 10:15 AM Cynthia N.	<b>Fit For Life H2O</b> 1:00 PM Sheila B.	<b>Fit For Life Chair Stretch/Yoga</b> 9:00 AM Tessa Y.	
	<b>Fit For Life H2O</b> 1:00 PM Mary S.	<b>Fit For Life H2O</b> 1:00 PM Sheila B.	<b>Enhance Fitness</b> 10:30 AM Cynthia N.	<b>Pound®</b> 4:35 PM Katie M.	<b>Aqua Arthritis</b> 11:00 AM Michelle K.	
	<b>Group Cycling</b> 5:30 PM Bev H.	<b>Power C.S.I.</b> 5:30 PM Samantha B.	<b>Aqua Arthritis</b> 11:00 AM Michelle K.	<b>Power C.S.I.</b> 5:30 PM Mollie M.	<b>Yoga</b> 5:30 PM Heather N.	
	<b>Pound®</b> 5:30 PM Katie M.	<b>Yoga</b> 6:30 PM Penny H.	<b>Fit For Life H2O</b> 1:00 PM Kathy T.	<b>Functional Strength Training</b> 6:30 PM Jasmin W.		
	<b>Water Fit Combo</b> 5:30 PM Rolayne G.		<b>Tabata</b> 4:35 PM Jenny M.			
	<b>Strength Training</b> 6:30 PM Jolene M.		<b>Group Cycling</b> 5:30 PM Gary B.			

**Yoga**

5:30 PM

Jen E.

**Water Fit  
Combo**

5:30 PM

Rolayne G.

**Line  
Dancing**

6:30 PM

Jared T.