

# Total Body Wellness

## November 2024

Effective 11/01-11/30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY*	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM (B) SHARON	SUNRISE YOGA 6:30 AM-7:15AM (B) NANCY			ULTIMATE FITNESS 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) MARIA	HIIT BOOT CAMP 9AM-10AM (A) LIZA
VINYASA YOGA 9AM-10AM (B) NANCY	TOTAL BODY STRENGTH 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM(A) PAT <b>NEW CLASS</b>	VINYASA YOGA 9AM-10AM (B) DEL		VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) RAJI
ZUMBA® TONING 10AM-11AM (A) RUCHI	AQUA CARDIO TONE 8:30AM -9:30AM(P) ANU	VINYASA YOGA 9AM-10AM (B) DEL	BOLLYWOOD FITNESS 9:15AM-10AM (A) JASWINDER	TAI CHI 9AM-10AM (A) Setsuko <b>CANCELED-RETURNING IN DEC</b>	ZUMBA® 10AM-11AM (A) RUCHI	Zumba® 10AM-11AM (A) MARIA
	ZUMBA® 10AM-11AM(A) JASWINDER	HULA HOOP FIT 10AM-11AM (B) ANGELA	MIXER 10AM-11AM (A) LISA P.	VINYASA FLOW 9AM-10AM (B) <b>NEW TIME</b> Johanna <b>NEW INSTRUCTOR</b>	AQUA DANCE/TONE 10AM-11AM (P) DONNA	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
	HIIT 30 11AM-11:30AM (A) JASWINDER			AQUA TONE/CORE 12:15PM-1PM (P) ANU		STRONG 30 11AM-11:30AM (A) MARIA
<b>KIDS ZUMBA®</b> 6PM-7PM (MB) DONNA			<b>TEEN STRENGTH &amp; CONDITIONING AGES 12-16</b> 5:30PM-6:30PM (FF) MARK	BOLLYWOOD FITNESS 5:30PM-6:30PM (A) ARCHANA	<b>*11/28-Thanksgiving Day-CLOSED</b>	BOLLYWOOD FITNESS 11::30am-12:30pm(A) JASWINDER
ZUMBA TONING 6:30PM-7:30PM (A) MARIA	TOTAL BODY STRENGTH 6PM-7PM (A) MARK	INTERVAL TRAINING 6PM-7PM (A) MARK	HULA HOOP FITNESS 6PM-7PM (A) ANGELA	<b>KIDS CONDITIONING</b> 5:30PM-6:30PM(G) DEE-DEE		
SPINNING® 7PM-8PM (S) PAT	VINYASA YOGA 6:15pm-7:15PM (B) SHARON	BARRE 6PM-7PM (MB) DANIEL	YOGA 7PM-8PM(MB) NITA	STRONG NATION® 6:30PM-7:30PM (A) MARIA		
HATHA YOGA 7PM-8PM (MB) PRIYANKA	ZUMBA® 7PM-8PM (A) STACY	ZUMBA® 7PM-8PM (A) JEANETTE	TOTAL BODY STRENGTH 7PM-8PM (A) LIZA			
TOTAL BODY SCULPT 7:30PM-8:30PM (A) MARK		HATHA YOGA 7PM-8PM (MB) DANIEL	<b>KIDS HULA HOOP FIT</b> 7PM-8PM (B) ANGELA <b>NEW CLASS</b>			

### STUDIOS

FITNESS FLOOR (FF) AEROBICS STUDIO (A) MIND BODY STUDIO (MB) GYMNASIUM (G) SPIN ROOM (S) BANQUET HALL (B) PARTY ROOM (PR)