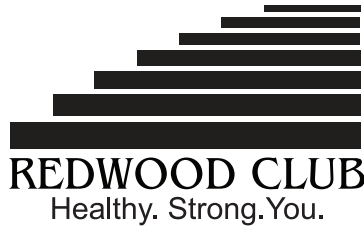




719 Southpoint Blvd  
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# November 2017 Schedule



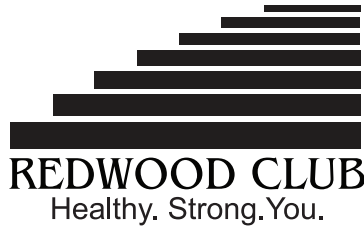
Club Hours  
 Mon-Thurs 5:00am-10:00pm  
 Fri 5:00am-8:30pm  
 Sat-Sun 6:30am-7:00pm

## Group X Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
		5:30-6:20am Spin & Strength Julie		5:30-6:20am Spin Eve		
8:00-8:55am Complete Core Sue	8:00-8:55am Hatha Yoga Nina	8:00-8:50am Spin Geri	8:00-8:55am Hatha Yoga Al	8:00-8:50am Spin Sonya	8:00-8:50am Spin Staff	8:30-9:30am C-Burn/Strength Staff
9:00-9:55am Cardio Dance Laura	9:00-9:55am C BURN Eve	9:00-9:55am Strength Training Geri	9:00-9:55am C-Burn Sonya	9:00-9:55am C BURN Geri	9:00-9:55am Above the Bar Susie	
10:10-11:05am Vinyassa Flow Simone	10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Vital Yoga Nancy	10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Line Dancing Tammie	10:10-11:05am Zumba Antoinette 11/4, 11/11, 11/18	10:15-11:30am Integrative Yoga Marjorie
	11:10-12:05pm 20-20-20 Laura		11:10-12:05pm 20-20-20 Laura	11:10-12:05pm Balance & Strength Geri		
	12:15-1:15pm Back Stabilization Sally P.T.		12:15-1:15pm Back Stabilization Sally P.T.			
4:30-5:25pm Pilates Mat Dorothy	4:30-5:25pm Spin & Strength Amy	4:30-5:25pm Yoga Mary Ellen	4:30-5:25pm Spin Jamie	4:30-5:25pm Integrative Yoga Marjorie		
5:30-6:25pm Line Dancing Tammie	5:30-6:25pm Tai Chi Al	5:30-6:25pm Spin Mary Ellen	5:30-6:25pm Yoga Fusion Jessica			
	6:30-7:25pm Body Burn Elise	6:30-7:25pm PIYO Elise				



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## TRCFit Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:30am Afterburn TRC Fit (\$)	5:30am Spin Circuit TRC Fit (\$)	5:30am Russian Circuit TRC Fit (\$)	5:30am Sports Conditioning TRC Fit (\$)	5:30am Shockwave Circuit TRC Fit (\$)		
6:00pm Russian Circuit TRC Fit (\$)	6:00pm Pilates & Yoga for Athletes TRC Fit (\$)	6:00pm Cardio Circuit & Abs TRC Fit (\$)	6:00pm Industrial Strength TRC Fit (\$)			

## Aqua Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
10:15-11:15am Aqua Aerobics Amy	10:15-11:15am Sports Conditioning Kristina/Amy	10:15-11:15am Aqua Aerobics Kristina	10:15-11:15am Aqua Caliente Kristina	10:15-11:15am Aqua Aerobics Eve	10:00-11:00am Aqua Aerobics Staff	
6:00-7:00pm Aqua Aerobics Kristina		6:00-7:00pm Aqua Aerobics Sheila				