



November 2019

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Fees: *Total Body Workout - \$6/class *Tai Chi - join Tai Chi Society *Retro Yoga- \$5/class *Line Dancing - \$3/class *Senior Tap Dance - \$10/class *Community Yoga - \$5/class *Barre Fitness- \$10/class, \$20 for 4 monthly classes *Adult Dance Fitness - \$5/class *Kids Hip Hop \$5/class *Flexibility Mobility Flow - \$10/class					1 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi	2 9am SHiNE Dance Fitness
3 CLOSED	4 9am Total Body Workout 12:00 Flexibility Flow 5:30 pm Community Yoga 5,6,7pm Line Dancing	5 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 5:30pm Barre Fitness	6 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi 4:45 Kids Hip-Hop 5:30p Adult Dance Fit	7 10:00am Barre Fitness 5:30pm Barre Fitness 6pm Line Dancing	8 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi	9 9am SHiNE Dance Fitness
10 CLOSED	11 CLOSED FOR VETERANS DAY	12 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:00 Kids Dance 5:30pm Barre Fitness	13 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi 4:45 Kids Hip-Hop 5:30p Adult Dance Fit	14 10:00am Barre Fitness 5:30pm Barre Fitness 6pm Line Dancing	15 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi	16 9am SHiNE Dance Fitness
17 CLOSED	18 9am Total Body Workout 12:00 Flexibility Flow 5:30 pm Community Yoga 5,6,7pm Line Dancing	19 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:00 Kids Dance 5:30pm Barre Fitness	20 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi 4:45 Kids Hip-Hop 5:30p Adult Dance Fit	21 10:00am Barre Fitness 5:30pm Barre Fitness 6pm Line Dancing	22 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi	23 9am SHiNE Dance Fitness
24 CLOSED	25 9am Total Body Workout 12:00 Flexibility Flow 5:30 pm Community Yoga 5,6,7pm Line Dancing	26 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:00 Kids Dance 5:30pm Barre Fitness	27 9am Total Body Workout 10:15am Adv. Tai Chi 12p Beginning Tai Chi 4:45 Kids Hip-Hop 5:30p Adult Dance Fit	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING	30 CLOSED FOR THANKSGIVING