

# NOVEMBER GROUP FITNESS

## NFC WEST SIGNATURE



### CLASS DESCRIPTIONS

LES MILLS		OTHER		AQUA	
BA-Body Attack	Flow-BodyFlow	C-Cycling	SBC-Strong Boot Camp	AI-Aqua Intervals	DW-Deep Water
BC-Body Combat	Jam- Body Jam	P-Pilates		AP-Aqua Pilates	WTH-Water Therapy
BP-Body Pump	RPM- cycling class	Y-Yoga		AY_ Aqua Yoga	
BS-Body Step	CX-CXWorx	Z-Zumba		AZ- Aqua Zumba	
BC-x- Body Combat Express		CB-Core Barre Pilates*		CA-Cardio Aqua	

No evening classes Wednesday 11/21, Club closed Thanksgiving, classes resume 8am 11/23.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 BP Diane	6:00 C Michele	6:00 BP Lisa B	6:00 C Ashlee	6:00 BP Lisa B	
	8:30 BA Jin		8:30 BS Mary	8:30 SBC Jo	8:00 CX Lisa H	
	9:30 BP Mary	9:00 CX Mary	9:30 BP Jo	9:30 BA Jennifer	8:30 BC Lisa H	8:05 BA Eliz W
	10:35 Z Jo	9:30 BC Jo	10:35 Z Pati		9:30 BP Lisa H	9:10 BP Vili
3:10 BCx Jo	10:35 C Terra	10:35 Z Angelica	10:35 C Judy		10:35 Z Jo	9:30 C Terra
4:00 BP Elizabeth	12:00 BP Jin		12:00 BP Jin		10:35 C Ashlee	10:15 BS Sharon
5:00 BA Elizabeth W					12:00 BP Lauren H	
	5:00 BS Brooke H		5:00 BC Elizabeth			
	6:00 C Rhonnda	5:00 BA Jin	6:00 Z Rebecca	5:00 BS Lauren H	5:30 BC Elizabeth	
	6:00 Z Rebecca	6:00 BP Lisa H	6:00 C Hayley	6:00 BP Hayley		
	7:00 BP Hayley	7:05 SBC Jo	7:00 BA Melanie	7:05 Z LaToya		
		7:00 Adult Karate	8:00 BP team	7:00 Adult Karate		

Club Hours: 5am-Midnight Monday-Friday, 7am-9pm Saturday, 7am-7pm Sunday Phone # 470-3600

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 CB* Jo	8:30 CB* Jo	9:30 CB* Mary	8:30 CB* Mary	9:30 CB* Maria	8:55 Y OJ
	10:35 Flow Mary	9:30 Y Brooke G	10:30 Flow Brooke H	9:30 Y Jo	10:30 Y Dian	10:00 CB* team
5:00 Y Kenda	5:30 CB* Katie	5:30 CB* Hester	5:30 CB* Katie	5:00 Flow Brooke H		
	6:30 Flow Brooke H	7:00 Y Tee	6:30 Y Brooke G			

Childcare Hours: M-F 8am-12pm, M-Th 3pm-9pm, Fri 3pm-8pm, Sat 8am-12pm, Sun 3pm -6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 AI Kim P		9:30 CA Kim P		9:30 CA Kim P	
	6:00 AI Kathleen	6:00 CA Ann	6:00 CA Kathleen	6:00 AY Ann		

\* denotes a fee based class



**CARDIO &  
STRENGTH**

**MIND/BODY**

**WATER**