






November Group Fitness Schedule – Wesley Chapel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	2 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Joann (L1) 11:00 am- Senior Fitness - Earl (L1)	3
5 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	6 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	7 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	8 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	9 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Joann (L1) 11:00 am- Senior Fitness - Earl (L1)	10
12 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	13 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	14 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	15 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	16 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	17
19 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	20 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – No CLASS 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	21 	22 	23 	24
26 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	27 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – Marie (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	28 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	29 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	30 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	Level 1 (L1)– Beginner/Low Intensity Level 2 (L2) – Intermediate/ Moderate Intensity Level 3 (L3) – Advanced/High Intensity