

YMCA Group Exercise Calendar

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<p>Hours of Operation Mon - Thurs: 5am - 9:30pm Fri: 5am - 8:30pm Sat: 7am - 6pm Sun: 1pm - 5pm</p> <p>Phone: 423-247-9622</p>		<p>1 5:50am Cycling (AS)</p> <p>NEW!! 9:15am BootCamp (AM) (Cardio & Weights)</p> <p>5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)</p>	<p>2 9:00am Cycling (CP) NEW!!! 9:00am Mom & Me (LN)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) NEW!! 6:30pm Pilates / Ball (AS)</p>	<p>3 New Class Times: 8:45am-9:30am BodySculpt (CP)</p> <p>9:30am-9:40am Abs (CP)</p> <p>9:45am-10:30am Step (CP)</p>	<p>4 Kickboxing is back!!</p> <p>9:00am Yoga (AM)</p> <p>9:15am Kickboxing (SC)</p> <p>10:00am Cycling (AM)</p>
<p>5 New on Sundays!</p> <p>2:00pm Cycling (CP)</p> <p>Seasonal class (Nov. - March)</p>	<p>6 9:15am Step, Punch & Crunch (CP)</p> <p>5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)</p>	<p>7 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Yoga / Pilates (AS)</p>	<p>8 5:50am Cycling (AS) 9:15am BootCamp (AM)</p> <p>5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)</p>	<p>9 9:00am Cycling (CP) 9:00am Mom & Me (LN)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Pilates / Ball (AS)</p>	<p>10 8:45am-9:30am BodySculpt (CP)</p> <p>9:30am-9:40am Abs (CP)</p> <p>9:45am-10:30am Step (CP)</p>	<p>11 9:00am Yoga (AM)</p> <p>9:15am Kickboxing (LQ)</p> <p>10:00am Cycling (AM)</p>
<p>12 2:00pm Cycling (CP)</p>	<p>13 9:15am Step, Punch & Crunch (CP)</p> <p>5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)</p>	<p>14 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Yoga / Pilates (AS)</p>	<p>15 5:50am Cycling (AS) 9:15am BootCamp (AM)</p> <p>5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)</p>	<p>16 9:00am Cycling (CP) 9:00am Mom & Me (LN)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Pilates / Ball (AS)</p>	<p>17 8:45am-9:30am Bodysculpt (CP)</p> <p>9:30am-9:40am Abs (CP)</p> <p>9:45am-10:30am Step (CP)</p>	<p>18 No Yoga Class Today (YMCA Training)</p> <p>9:15am Kickboxing (SC)</p> <p>10:00am Cycling (AM)</p>
<p>19 2:00pm Cycling (CP)</p>	<p>20 9:15am Step, Punch & Crunch (CP)</p> <p>5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)</p>	<p>21 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AM) 6:30pm Yoga / Pilates (JH)</p>	<p>22 5:50am Cycling (?) 9:15am BootCamp (AM)</p> <p>5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)</p>	<p>23 NO CLASSES TODAY</p>	<p>24 8:45am-9:30am Bodysculpt (CP)</p> <p>9:30am-9:40am Abs (CP)</p> <p>9:45am-10:30am Step (CP)</p>	<p>25 9:00am Yoga (AM)</p> <p>9:15am Kickboxing (LQ)</p> <p>10:00am Cycling (AM)</p>
<p>26 2:00pm Cycling (CP)</p>	<p>27 9:15am Step, Punch & Crunch (CP)</p> <p>5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)</p>	<p>28 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AM) 6:30pm Yoga / Pilates (JG)</p>	<p>29 5:50am Cycling (?) 9:15am BootCamp (AM)</p> <p>5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)</p>	<p>30 9:00am Cycling (CP) 9:00am Mom & Me (LN)</p> <p>4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AM) 6:30pm Pilates / Ball (JG)</p>		

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