



## Weekly Group Fitness Schedule November & December 2018

Day/Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:50am	Upper Body Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Lower Body Circuit Trainer: Anne	Cardio Circuit Trainer: Justin	KB Foundation Trainer: Justin	
7:30am - 8:15am	Pilates Instructor: Sharon				Pilates Instructor: Sharon	Run Club @ 8am Trainer: Anne & Cam
9:00am - 10:00am		Hatha Yoga Instructor: Sarah	Hatha Yoga Instructor: Sarah	Hatha Yoga Instructor: Sue Ellen		
10:15am - 11:00am	S&S Trainer: Cam	Gentle Yoga Instructor: Sue Ellen	S&S Trainer: Cam/Anne	Gentle Yoga Instructor: Sue Ellen	S&S Trainer: Anne/Cam	
12:00pm - 12:50pm	Upper Body Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Lower Body Circuit Trainer: Cam	Cardio Circuit Trainer: Justin		
5:15pm - 6:05pm	Upper Body Circuit Trainer: Justin	Cardio Circuit Trainer: Cam	Lower Body Circuit Trainer: Justin		Please sign up in advance for evening Group Fitness/Run Club	Sign up at the Wellness Center or contact Anne