



Group Fitness Class Schedule



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics Frances 9am	Water Aerobics Pat 9:30am	Water Aerobics Frances 9am	Water Aerobics Pat 9:30am	Water Aerobics Frances 9am
Water Toys Frances 10am		Water Toys Frances 10am		Water Toys Frances 10am

All classes must have at least 3 participants!

Indoor Cycling requires ALL participants to reserve a bike the day of class. This class is limited to 12 participants.

Class times and locations are subject to change at any time.

All 10-8 Fit classes will be held at our satellite location at 200 North 1st Street. There will be an additional \$10 fee per person per month for current members. Non-members can pay a flat \$25 rate to utilize the satellite location ONLY. 10-8 Fit and Cardio Kick classes held at our 10-8 Fit location are now YEARLY CONTRACTS.

Check out Facebook for class updates, schedules, and reminders!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Silver Sneakers Peggy/Chanda 9am	Yoga Laura 9am	Silver Sneakers Peggy/Chanda 9am	Yoga Laura 9am	Silver Sneakers Peggy/Chanda 9am	Turbo Kick Kenya 8am	
Silver Sneakers Peggy/Chanda 10:30am	Turbo Kick Kenya 5pm	Silver Sneakers Peggy/Chanda 10:30am	Turbo Kick Kenya 4:30pm	Silver Sneakers Peggy/Chanda 10:30am	Indoor Cycling Joanna 9am	
Turbo Kick Kenya 4:30pm	Women/Weights Dana 5:30pm		Women/Weights Dana 5:30pm		Yoga Peggie/Laura 10am	
Line Dancing Sedona 5:30pm	Hot Yoga Kenya 6pm		Line Dancing Sedona 5:30pm			
Zumba JoJo 5:30pm	Silver Sneakers Chanda 6:45pm		Indoor Cycling Lori 5:45pm			
Indoor Cycling Joanna 5:45pm			Silver Sneakers Chanda 6:45pm			
Women/Weights Dana 6:30pm			Yoga Peggie 7pm			
Yoga Peggie 7pm						