



NOVEMBER

Weekly Class

SCHEDULE

Class Pricing:
 Members: Free
 Hotel Guests: Free
 Non-Members:
 \$28/\$30 Per Class
 10 Class Pass: \$190

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am		Total Body Strength with Corey		Total Body Strength with Corey			
6:30 am							
8:00 am						Brick Bodies with Wendy	
8:30 am	Splash Aerobics with Shelly	Slow Flow Yoga with Julia	Splash Aerobics with Shelly	Slow Flow Yoga with Sally	Splash Aerobics with Shelly		
8:30 am	Full Body Fitness with Wendy		Full Body Fitness with Wendy		Belly Dance with Wendy		
9:00 am						Saturday Soul Revival Yoga with Wendy	
9:30 am	Core Body Strength with Wendy		Core Body Strength with Wendy				Basic Qigong with Shalimar
9:45 am		Gentle Yoga with Julia			Gentle Yoga with Wendy		
10:45 am							Intermediate Qigong with Shalimar
11:30 am	Leg Day with Trish	Upper Body Resistance Training with Allen	Lower Body Resistance Training with Allen	Upper Body Resistance Training with Allen	Active Recovery & Stretch with Trish		
12:00pm							
4:00 pm	Leg Day with Trish	Upper Body Resistance Training with Trish		Total Body Resistance Training with Trish			
4:30 pm					Cardio Drumming with Shalimar		
5:00 pm			Qigong with Brenda				
5:30 pm		Splash Aerobics with Shalimar in the Pool		Splash Aerobics with Erin in the Pool			
6:00 pm	Slow Flow Yoga with Nichole		Slow Flow Yoga with Nichole				