













# NOVEMBER 2024 - Group Fitness Class Schedule

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                    |
|--|--|---|---|--|---|---------------------------|
| 9:30am: E Z Ride with Theresa     | 5:30am: SPIN with Keith   | 8:00am: SPIN with Theresa    | 5:30am: SPIN with Keith   | 9:00am: AQUA - Abs and Legs with Janet  | 8:00am: SPIN with Keith  | 10:00am: ZUMBA with Tashi |
| 10:00am: AQUA with Mary           | 9:15 am: BODY SCULPT with Theresa  | 10:00am: AQUA with Mary      | 9:00am: BODY SCULPT with Theresa  | 9:15am: PILATES MAT with Stephanie   | 9:00am: HATHA YOGA with Latoya  |                           |
| 10:00am: PILATES MAT with Sue  | 10:00am: AQUA with Janet  | 10:00am: Yoga with Sue  | 10:00am: Pi/Yo with Theresa-30min   |  |   |                           |
| 11:00am: YOGA STRETCH with Sue   | 10:15am: YOGA STRETCH with Theresa - 30 min  | 11:00am: Chair Yoga w/weights with Sue  | 10:30am: Dance Fitness w/Millie   | 10:15am: BARRE FIT with Theresa (45 mins)  | 10:00am: KICKBOXING w/Omar  |                           |
| 6:00pm: GET RIPPED HIIT with Trainer Ian   | 11:00am: SENIOR FIT with Sue   | 5:30pm: Figure Form Fitness with Coach Omar   | 11:00am: AQUA with Janet  |  | 11:30am: GET FIT LITE with Terry  |                           |
| 6:00pm: AQUA FITNESS with Mary  | 6:30pm: ZUMBA with Cathy   | 6:00pm: AQUA with Desiree  | 12:30pm: Chair Yoga with Terry  |  |   |                           |
|  |  |   | 5:30pm: Hurricane Bootcamp with Trainer Ian   |  |   |                           |
|  |  |   | 7:00pm: KICKBOXING w/Omar   |  |   |                           |



Please check the website for the latest class updates.  
Schedule subject to change!!

[www.xlfitness.org/classes](http://www.xlfitness.org/classes)