



November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	4 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	5 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG	6 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA	7
8	9 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit-SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	10 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	11 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	12 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG	13 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA	14
15	16 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit-SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	17 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	18 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	19 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG	20 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA	21
22	23 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit -SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	24 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	25 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	26 CLOSED HAPPY THANKSGIVING!	27 NO CLASSES! YMCA OPEN 9:00-1:00 ONLY	28
29	30 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG					

HOURS OF OPERATION
MONDAY-THURSDAY
 5:00AM-9:00PM
FRIDAY
 5:00AM-7:00PM
SATURDAY
 8:00AM-3:00PM
SUNDAY
 1:30PM-5:00PM

YMCA INSTRUCTORS

MA- Meka Adams
 JL- Jo Ann Lipscomb
 SA-Susan Adams
 BG-Brian Gregory
 VI-Virtual Instructor
 CS—Cassie Smith
 JF— Josh Freeman

CHILD WATCH HOURS
MONDAY-FRIDAY
 8:00AM-11:00AM
MONDAY-THURSDAY
 4:00PM-8:00PM
NO WEEKEND