

Group Fitness – November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 *Strong Core* 9:30am FC Silver and Fit Experience 10:00am FC	2 Circuit Balance 11:00am 1:00pm FC	3 Strength Training 9:30am 10:00am FC	4 Chair Yoga 9:45am FC	5
6	7 Better Balance 10:00am FC *Walk For Fitness* 1pmMeet FC	8 *Strong Core* 9:30am FC Silver and Fit Experience 10:00am FC	9 Circuit Balance 11:00am 1:00pm FC	10 Strength Training 9:30am 10:00am FC	11 Chair Yoga 9:45am FC	12
13	14 Better Balance 10:00am FC *Walk For Fitness* 1pmMeet FC	15 *Strong Core* 9:30am FC Silver and Fit Experience 10:00am FC	16 Circuit Balance 11:00am 1:00pm FC	17 Strength Training 9:30am 10:00am FC	18 Chair Yoga 9:45am FC	19
20	21 Better Balance 10:00am FC *Walk For Fitness* 1pmMeet FC	22 *Strong Core* 9:30am FC Silver and Fit Experience 10:00am FC	23 Circuit Balance 11:00am 1:00pm FC	24 Thanksgiving No Class	25 No Class	26
27	28 Better Balance 10:00am FC *Walk For Fitness* 1pmMeet FC	29 *Strong Core* 9:30am FC Silver and Fit Experience 10:00am FC	30 Circuit Balance 11:00am 1:00pm FC			*New Class*