Group Exercise Schedule-November 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00AM	**Low Impact Aerobics** Missy	**SilverSneakers®** YOGA Missy	**Yogalates** Missy	**SilverSneakers®** YOGA Missy	**Yogalates** Missy	**Yogalates** **(Yoga & Pilates)** **(8:00-9:15)** Andrea	**YOGA** **Andrea** **(8:00-10.00)**
9:30-10:30AM	**STEP Circuit** Missy	**Body Sculpting** Missy	**Cardio Strength Training for the Mature Adult** Missy	**Body Sculpting Missy**	**Step Circuit** Missy	**Body Blast** Sue (total body strength training)	
11:00AM-12:00PM	**HIIT** **Andrea**	Body Sculpting Missy	SilverSneakers ® Circuit Missy	Body Sculpting Missy	SilverSneakers® Classic Missy	**HIIT** (High Intensity Interval Training) Andrea	
12:00PM-1:00PM	SilverSneakers ® Circuit Missy						
12:15-1:15PM							
4:30-5:30PM	**BODY BLAST** (total body strength training) Andrea	**Yoga on the Ball** Andrea	**Instructor Choice** **Sue**	**Instructor Choice** Sue	**BODY BLAST** (total body strength training) Andrea		
5:45-6:45PM	**Tabatta** Sue	**Guts and Glory** Sue	**YOGA** Andrea	**Barre** Andrea			
7:00-8:00PM	**YOGA** Andrea		**HIIT** (High Intensity Interval Training) Andrea	**Somatic Yoga** Sue			