

November Fitness Calendar 2017



| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--|----------------------------|--|----------------------|-------------------------------|--|-----|----------------------|
| Aqua Aerobics Ricky Canny & John Dimenno | | | | 1 Aqua Aerobics 8:30am | 2 Yoga/Pilates Fusion 8:30am | 3 | 4 Yoga 8:30am |
| 8:30am Yoga & Yoga/Pilates Fusion Mim Frantz | 5 Peak Physique 9am | 6 Aqua Aerobics 8:30am Yoga 5pm | 7 Yoga 8:30am | 8 Aqua Aerobics 8:30am | 9 Yoga/Pilates Fusion 8:30am | 10 | 11 Yoga 8:30am |
| 5:00pm Yoga Marci Wenn | 12 Peak Physique 9am | 13 Aqua Aerobics 8:30am Yoga 5pm | 14 Yoga 8:30am | 15 Aqua Aerobics 8:30am | 16 Yoga/Pilates Fusion 8:30am | 17 | 18 Yoga 8:30am |
| The Spa is open 8am until 8pm. | 19 Peak Physique 9am | 20 Aqua Aerobics 8:30am Yoga 5pm | 21 Yoga 8:30am | 22 Aqua Aerobics 8:30am | 23 Yoga/Pilates Fusion 8:30am | 24 | 25 Yoga 8:30am |
| The Spa Café is available from 1pm until 4pm. | 26 Peak Physique 9am | 27 Aqua Aerobics 8:30am Yoga 5pm | 28 Yoga 8:30am | 29 Aqua Aerobics 8:30am | 30 Yoga/Pilates Fusion 8:30am | | |
| *Classes subject to change | | | | | | | |