


November Rm. 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9 weeks until 2009! Go ahead and get started on the right track! Get into the groove now and beat the New Year Rush.</p>						<p>1 8a-Yoga- Anne 9:15a- FB- L&S</p>
<p>2 2p- Sweat-Veronica 3:15p- Yoga-Wendy</p>	<p>3 6a- ET- Courtney 9a-Hi/Lo- Helen 10a-Silver Sneakers *11a-TaiChi- Eric 12p- <i>Instructor's Choice</i>- Cindy 4:30p-ET- Shaunna 5:30p- XI- Linda 6:30p- 20's- Alicia</p>	<p>4 9a-T&S- Helen 12p- XI- Mary Beth 4:30p- CP- Shaunna 5:30p-FB- Janet 6:45p- XI - Alicia</p>	<p>5 6a-Sweat-Shaunna 9a- Hi/Lo -Helen 10a-Silver Sneakers *11a-TaiChi- Eric 12p- CP- Cindy 4:30p-ET- Courtney 5:30p- S&S - Linda 6:30p- XI- Susan</p>	<p>6 9a-T&S- Helen 12p- ET- Donna 5:30p-XI- Kelly 6:30p-FabAbs-Kelly *7p- TaeKwonDo</p>	<p>7 6a-S&S- Veronica 9a- CP- Helen 10a-Silver Sneakers 12p-Yoga1- Anne 5:30p- Turbo Kick-Alicia</p>	<p>8 8a-Yoga- Anne 9:15a- FB- Janet</p>
<p>9 2p- S&S- Susan 3:15p- Yoga-Wendy</p>	<p>10 6a- ET- Courtney 9a-Hi/Lo- Alicia 10a-Silver Sneakers *11a-TaiChi- Eric 12p- <i>Instructor's Choice</i>- Cindy 4:30p-ET- Donna 5:30p- CP- Linda 6:30p- S&S- Alicia</p>	<p>11 9a-T&S- Alicia 12p-Inline Step-Alicia 4:30p- CP- Shaunna 5:30p-FB- Janet 6:45p- CP- Wendy</p>	<p>12 6a-CP- Shaunna 9a- ZUMBA - Helen 10a-Silver Sneakers *11a-TaiChi- Eric 12p- Sweat-Shaunna 4:30p-ET- Donna 5:30p- 20's - Linda 6:30p- XI- Susan</p>	<p>13 9a-T&S- Helen 12p- ET - Cindy 5:30p- Turbo Kick - Kelly 6:30p-FabAbs-Kelly *7p- TaeKwonDo</p>	<p>14 6a-Sweat-Veronica 9a- BS- Helen 10a-Silver Sneakers 12p-Yoga1- Anne 5:30p- CB- Alicia</p>	<p>15 8a-Yoga- Anne 9:15a- FB- L&S</p>
<p>16 2p- S&S- Veronica 3:15p- Yoga-Courtney</p>	<p>17 6a- ET- Courtney 9a-Hi/Lo- Helen 10a-Silver Sneakers *11a-TaiChi- Eric 12p- <i>Instructor's Choice</i>- Cindy 4:30p-ET- Shaunna 5:30p- XI- Linda 6:30p- 20's- Alicia</p>	<p>18 9a-T&S- Helen 12p- XI- Mary Beth 4:30p- CP- Shaunna 5:30p-FB- Janet 6:45p-Turbo Kick - Alicia</p>	<p>19 6a-CP- Shaunna 9a- Hi/Lo -Helen 10a-Silver Sneakers *11a-TaiChi- Eric 12p- Sweat-Shaunna 4:30p-ET- Courtney 5:30p-S&S - Linda 6:30p- XI- Susan</p>	<p>20 9a-T&S- Helen 12p- ET - Cindy 5:30p-XI- Kelly 6:30p-FabAbs-Kelly *7p- TaeKwonDo</p>	<p>21 6a- S&S - Veronica 9a- CP- Helen 10a-Silver Sneakers 12p-Yoga1- Anne 5:30p- S&S- Wendy</p>	<p>22 8a-Yoga- Anne 9:15a- FB- Janet</p>
<p>23 2p- Sweat-Veronica 3:15p- Yoga-Ramona</p>	<p>24 6a- ET- Courtney 9a-Hi/Lo- Shaunna 10a-Silver Sneakers *11a-TaiChi- Eric 12p- <i>Instructor's Choice</i>- Cindy 4:30p-ET- Donna 5:30p- 20's- Linda 6:30p- HHH- Alicia</p>	<p>25 9a-T&S- Helen 12p- XI- Mary Beth 4:30p- CP-Shaunna 5:30p-FB- Janet 6:45p-CB- Alicia</p>	<p>26 6a-Sweat-Shaunna 9a- ZUMBA-Helen 10a-Silver Sneakers *11a-TaiChi- Eric 12p- CP- Cindy 4:30p-ET- Donna 5:30p-XI - Linda</p>	<p>27 Happy Thanksgiving!! Don't mess up your hard work... </p>	<p>28 9a- CP- Helen 10a-Silver Sneakers 12p-Yoga1- Anne 5:30p- Turbo Kick-Alicia</p>	<p>29 8a-Yoga- Anne 9:15a- FB- L&S</p>
<p>30 2p- S&S- Susan 3:15p- Yoga-Courtney</p>	<div style="border: 2px solid black; padding: 10px; text-align: center; font-size: 2em; font-weight: bold;">2008</div>					