


November Evening Schedule

YGROUP EXERCISE TM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 6:00 Power Pump RS 7:00 Yoga MS 8:00 Cardiolite LB	4 12:00 Tai-Chi MC 5:30 KBP X RS 6:00 Boot Camp AH 7:00 Pilates X AH	5 4:00 Zumba CK 5:30 ABC "X" AH	6 12:00 Tai-Chi MC 4:30 YA MH 5:30 KBP X RS 6:00 Zumba CK 7:00 Boot Camp AH 7:00 Yoga TN 8:00 Cardiolite LB	7	8
9	10 6:00 Power Pump RS 7:00 Yoga MS 8:00 Cardiolite LB	11 5:30 KBP X RS 6:00 Boot Camp AH 7:00 Pilates X AH	12 4:00 Step Sculpt SH 5:30 KBP X AH	13 4:30 YA MH 5:30 KBP X RS 6:00 Zumba CK 7:00 Boot Camp AH 7:00 Yoga TN 8:00 Cardiolite LB	14	15
16	17 6:00 Power Pump RS 7:00 Yoga MS 8:00 Cardiolite LB	18 12:00 Tai-Chi MC 5:30 KBP X RS 6:00 Boot Camp AH 7:00 Pilates X AH	19 4:00 Step Sculpt SH 5:30 ABC "X" AH	20 12:00 Tai-Chi MC 4:30 YA MH 5:30 KBP X RS 6:00 Zumba CK 7:00 Boot Camp AH 7:00 Yoga TN	21	22
23/30	24 No classes 11/24-11/26 Refinishing Floors - You may use the Fulton Y these 3 days for Group Exercise	25	26	Thanksgiving 27 	28	29

INSTRUCTOR GUIDE:

Tiffany Boyles = TB	Melissa Horton = MH
Lisa Browder = LB	Angie Jenkins = AJ
Christine Kellam = CK	Tonya Norman = TN
Lisa Canter = LC	Rusty Spaugh = RS
Mike Cleary = MC	Melissa Sullivan = MS
Mary Daniels = MD	
Sheri Hall = SH	
Allison Hester = AH	

Learn **Social Dancing-November 15, 2008** 10:00am-12:00pm
See the Membership Desk for more information!!

KBP = Kettle Bell Pump
ABC = Abs/Buns/Circuit
YA = Youth Aerobics

Got 30 minutes? We got you covered with our new Express Line classes! 30 minutes of maximum effort in minimum time!!

Our Mission: Helping people reach their God-given potential in spirit, mind