# November Fitness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1  | 2<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>11am Strength - Stephanie<br>11:30am Balance - Stephanie<br>1pm Aqua Balance - Carol | 3<br>9am Curls & Crunches - Angela<br>10am Boogie Lite - Angela<br>1:45pm Balance - Stephanie<br>2:15pm Bands & More - Stephanie | 4<br>9am Gentle Yoga - Beth<br>10am Stretch - Stephanie<br>10:30am Strength - Stephanie | 5<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>1pm Aqua Groove - Carol | 6<br>9am Curls & Crunches - Angela<br>10am Functional Cardio - Angela<br>1:30pm Aqua Blast - Joni | 7<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Teacher Rotation |
| 8  | 9<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>11am Strength - Stephanie<br>11:30am Balance - Stephanie<br>1pm Aqua Balance - Carol | 10<br>9am Curls & Crunches - Angela<br>10am Boogie Lite - Angela<br>1:45pm Balance - Stephanie<br>2:15pm Bands & More - Stephanie<br>2:45pm Balance - Stephanie | 11<br>9am Gentle Yoga - Beth<br>10am Stretch - Stephanie<br>10:30am Strength - Stephanie | 12<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>1pm Aqua Groove - Carol | 13<br>9am Curls & Crunches - Angela<br>10am Functional Cardio - Angela<br>1:30pm Aqua Blast - Joni | 14<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Teacher Rotation |
| 15  | 16<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>11am Strength - Stephanie<br>11:30am Balance - Stephanie<br>1pm Aqua Balance - Carol | 17<br>9am Curls & Crunches - Angela<br>10am Boogie Lite - Angela<br>1:45pm Balance - Stephanie<br>2:15pm Bands & More - Stephanie | 18<br>9am Gentle Yoga - Beth<br>10am Stretch - Stephanie<br>10:30am Strength - Stephanie | 19<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>1pm Aqua Groove - Carol | 20<br>9am Curls & Crunches - Angela<br>10am Functional Cardio - Angela<br>1:30pm Aqua Blast - Joni | 21<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Teacher Rotation |
| 22  | 23<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>11am Strength - Stephanie<br>11:30am Balance - Stephanie<br>1pm Aqua Balance - Carol | 24<br>9am Curls & Crunches - Angela<br>10am Boogie Lite - Angela<br>1:45pm Balance - Stephanie<br>2:15pm Bands & More - Stephanie<br>2:45pm Balance - Stephanie | 25<br>9am Gentle Yoga - Beth<br>10am Stretch - Stephanie<br>10:30am Strength - Stephanie | 26   | 27<br>9am Curls & Crunches - Angela<br>10am Functional Cardio - Angela<br>1:30pm Aqua Blast - Joni | 28<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Teacher Rotation |
| 29  | 30<br>9am Gentle Yoga - Deneal<br>10am Gentle Yoga - Deneal<br>11am Strength - Stephanie<br>11:30am Balance - Stephanie<br>1pm Aqua Balance - Carol |  | | |  | |