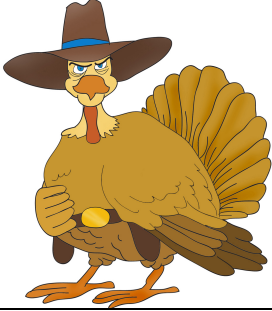
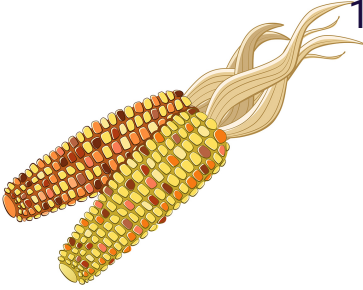


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Fitness						1 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
2 	3 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	4 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	5 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	6 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	7 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 11:30am Line Dance (Ent. Rm) 1:30pm Aqua Blast - Joni	8 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
9	10 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	11 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie Veterans Day	12 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie 2pm Fitness Demo Day	13 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	14 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	15 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
16 	17 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	18 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	19 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	20 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	21 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 11:30am Line Dance (Ent. Rm) 1:30pm Aqua Blast - Joni	22 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
23	24 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	25 9am Curls & Crunches - Angela 10am Boogie Lite - Gail 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	26 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	27 Enjoy your Holiday! Thanksgiving Day	28 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	29 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
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