

# New Body Fitness & Wellness

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>STRONG 6pm</b> <i>(1 hr class for small additional fee)</i>	2 <b>5:15am: Strength</b> <b>6:00pm: Total Body Conditioning</b>	3 <b><u>CLOSED..</u></b> <b>BES CRAFT FAIR</b> <b>9-2</b>
4	5 <b>*Open Circuit</b> <b><u>am: 5:15 - 7:00</u></b> <b><u>pm: 5:00 - 7:00</u></b>	6 <b>5:15pm: Stretch, Balance &amp; Flow</b> <b>5:45pm: HIIT tabata</b> <b>6:30pm: Barre</b>	7 <b>5:15am: Strength</b> <b>5:15pm: All Abs</b> <b>5:45pm: Stability Ball/Pilates</b> <b>6:30pm: Slamball</b>	8 <b>STRONG 6pm</b> <i>(1 hr class for small additional fee)</i>	9 <b>5:15am: Strength</b>	10 <b>**Time Change**</b> <b>*Open Circuit</b> <b><u>am: 7:30 - 8:30</u></b> <b>VETERAN'S WELLNESS DAY/SOUNDHEALING</b>
11	12 <b>*Open Circuit</b> <b><u>am: 5:15 - 7:00</u></b> <b><u>pm: 5:00 - 7:00</u></b>	13 <b>5:15pm: Stretch, Balance &amp; Flow</b> <b>5:45pm: HIIT tabata</b> <b>6:30pm: Barre</b>	14 <b>5:15am: Strength</b> <b>5:15pm: All Abs</b> <b>5:45pm: Stability Ball/Pilates</b> <b>6:30pm: Slamball</b>	15 <b>STRONG 6pm</b> <i>(1 hr class for small additional fee)</i>	16 <b>5:15am: Strength</b> <b><u>WOMENS GROUP</u></b> <b><u>6-8 PM</u></b>	17 <b>*Open Circuit</b> <b><u>am: 7:30 - 9:30</u></b>
18	19 <b>*Open Circuit</b> <b><u>am: 5:15 - 7:00</u></b> <b><u>pm: 5:00 - 7:00</u></b>	20 <b>5:15pm: Stretch, Balance &amp; Flow</b> <b>5:45pm: HIIT tabata</b> <b>6:30pm: Barre</b>	21 <b>5:15am: Strength</b> <b>5:15pm: All Abs</b> <b>5:45pm: Stability Ball/Pilates</b> <b>6:30pm: Slam Ball</b>	22 <b><u>CLOSED.. HAPPY HOLIDAYS</u></b>	23 <b>**Time Change**</b> <b>5:00pm: Total Body Conditioning</b>	24 <b>*Open Circuit</b> <b><u>am: 7:30 - 9:30</u></b>
25	26 <b>*Open Circuit</b> <b><u>am: 5:15 - 7:00</u></b> <b><u>pm: 5:00 - 7:00</u></b>	27 <b>5:15pm: Stretch, Balance &amp; Flow</b> <b>5:45pm: HIIT tabata</b> <b>6:30pm: Barre</b>	28 <b>5:15am: Strength</b> <b>5:15pm: All Abs</b> <b>5:45pm: Stability Ball/Pilates</b> <b>6:30pm: Slamball</b>	29 <b>STRONG 6pm</b> <i>(1 hr class for small additional fee)</i>	30 <b>5:15am: Strength</b> <b>6:00pm: Total Body Conditioning</b>	