

November 2018



On demand fitness classes that FIT your life!



October '18							December '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 8:30am-Silver and Fit-20 min 9:00am-Silver and Fit-50 min 10:00am-Silver and Fit-35 min 10:45am-Transitions Basic-20 min	2	3
4	5 5:45am-Fast N Furious-35 min 6:30am-GUTS Yoga-35 min 8am-Heart Healthy-50 min 9am-Silver and Fit-50 min 3:30pm-Body Strong-35 min 4:15pm-Fight Club-20 min 4:45pm-MCT 3-50 min	6	7 5:45am-Jammin-35 min 6:30am-Intention & Intensity-20 min 8:15am-Step up to Fitness-35 min 9:00am-Silver and Fit-35 min 9:45am- 20 min Ab class 3:30pm-Refreshing Flow-50 min	8 8:30am-Silver and Fit-20 min 9:00am-Silver and Fit-50 min 10:00am-Silver and Fit-35 min 10:45am-Transitions Basic-20 min	9	10
11	12 5:45am-Fast N Furious-35 min 6:30am-GUTS Yoga-35 min 8am-Heart Healthy-50 min 9am-Silver and Fit-50 min 3:30pm-Body Strong-35 min 4:15pm-Fight Club-20 min 4:45pm-MCT 3-50 min	13	14 5:45am-Jammin-35 min 6:30am-Intention & Intensity-20 min 8:15am-Step up to Fitness-35 min 9:00am-Silver and Fit-20 min Walk and Talk-9:30-10:30am 3:30pm-Refreshing Flow-50 min	15 8:30am-Silver and Fit-20 min 9:00am-Silver and Fit-50 min 10:00am-Silver and Fit-35 min 10:45am-Transitions Basic-20 min	16	17
18	19 5:45am-Fast N Furious-35 min 6:30am-GUTS Yoga-35 min 8am-Heart Healthy-50 min 9am-Silver and Fit-50 min 3:30pm-Body Strong-35 min 4:15pm-Fight Club-20 min 4:45pm-MCT 3-50 min	20	21 5:45am-Jammin-35 min 6:30am-Intention & Intensity-20 min 8:15am-Step up to Fitness-35 min 9:00am-Silver and Fit-35 min 9:45am- 20 min Ab class 3:30pm-Refreshing Flow-50 min	22 NO CLASSES HAPPY THANKSGIVING	23	24
25	26 5:45am-Fast N Furious-35 min 6:30am-GUTS Yoga-35 min 8am-Heart Healthy-50 min 9am-Silver and Fit-50 min 3:30pm-Body Strong-35 min 4:15pm-Fight Club-20 min 4:45pm-MCT 3-50 min	27	28 5:45am-Jammin-35 min 6:30am-Intention & Intensity-20 min 8:15am-Step up to Fitness-35 min 9:00am-Silver and Fit-20 min Walk and Talk-9:30-10:30am 3:30pm-Refreshing Flow-50 min	29 8:30am-Silver and Fit-20 min 9:00am-Silver and Fit-50 min 10:00am-Silver and Fit-35 min 10:45am-Transitions Basic-20 min	30	1

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- *No cost for classes at this time.
- *Members may bring a guest to a class up to 6 times a year.
- *Must sign a one-time waiver.
- *Questions? Contact Deb at dwright@fl-hs.org
- *Exciting news! An app will soon be available to view and sign up for classes!

