

November 2009

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a	3	4 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a Aerobics @ Satula 5:00p-5:45p	5 Wake up with a Wellness Coach @ WC (This counts toward an educational tier)	6 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a Yoga @ Fire Station 9 10:00a-11:00a	7
8	9 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a	10	11 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a Yoga @ Fire 4 4:00p-5:00p Aerobics @ Satula 5:00p-5:45p	12	13 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a Yoga @ Fire Station 9 10:00a-11:00a Yoga @ Fire Station 4	14
15	16 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a	17	18 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a Yoga @ Fire 4 4:00p-5:00p Aerobics @ Satula 5:00p-5:45p	19 Wake up with a Wellness Coach @ WC (This counts toward an educational tier)	20 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a Yoga @ Fire Station 9 10:00a-11:00a Yoga @ Fire Station 4	21
22	23 Circuit Class @ Lay Park 12:00p-1:00p	24	25 Zumba @ Lay Park 12:00p-1:00p	26 Happy Thanksgiving!	27	28
29	30 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a	<p>WC denotes Wellness Center While we always make our best effort to conduct every class, there are times in which we cannot make it with or without notice.</p> <p>The only classes conducted during the Thanksgiving week are those at Lay Park.</p>				