

# 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 Yoga @ Fire Station 4 4:30p-5:30p	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)  Yoga @ Fire Station 4 4:30p-5:30p	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 Yoga @ Fire Station 4 4:30p-5:30p	11 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a  Aerobics @ Satula 5:00p-5:45p	12 Yoga @ Fire Station 4 4:30p-5:30p	13 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a  Yoga @ Fire Station 9 10:00a-11:00a	14
15	16 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a	17 Yoga @ Fire Station 4 4:30p-5:30p	18 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a  Aerobics @ Satula 5:00p-5:45p	19 Wake up with a Wellness Coach @ WC (This counts toward an educational tier)  Yoga @ Fire Station 4 4:30p-5:30p	20 Boot Camp @ WC w/ Aimee 5:15a-6:15a 6:15a-7:15a  Yoga @ Fire Station 9 10:00a-11:00a	21
22	23 No Classes this week!!	24	25	26 Happy Thanksgiving!	27	28
29	30 Boot Camp @ WC w/ Sheena 5:15a-6:15a 6:15a-7:15a	WC denotes Wellness Center				