



# November-PARKER

## Weekend Group Exercise Schedule

### **Saturday, Nov. 4th**

8:00-9:00am Cycling- Amanda  
8:00-9:00am Yoga- Room B- Ed  
9:00-10:00am Zumba/Toning-Emily

### **Sunday, Nov. 5th**

7:30-8:30am-Strength Train Together- Andrea  
9:00-10:00am Zumba-Emily

### **Saturday, Nov. 11th**

8:00-9:00am Cycling- Jodeen  
8:00-9:00am Yoga- Room B- Ed  
9:00-10:00am Zumba/Toning-Emily

### **Sunday, Nov. 12th**

7:30-8:30am Strength Train Together- Andrea  
9:00-10:00am Zumba-Emily

### **Saturday, Nov. 18th**

8:00-9:00am Cycling- Shannon  
8:00-9:00am Yoga- Room B- Ed  
9:00-10:00am Zumba/Toning-Emily

### **Sunday, Nov. 19th**

7:30-8:30am Strength Train Together- Josh  
9:00-10:00am Zumba-Emily

### **Saturday, Nov. 25th**

8:00-9:00am Cycling- **POSTPONED**  
8:00-9:00am Yoga- Room B- Ed  
9:00-10:00am Zumba/Toning-Emily

### **Sunday, Nov. 26th**

7:30-8:30am Strength Train Together- Andrea  
9:00-10:00am Zumba-Emily

\*\*\*\* **PLEASE NOTE- CLASS POSTPONED for one Saturday**\*\*\*\*