



November Schedule

Members \$15 upgrade for unlimited classes

Non Gym-Members \$40 unlimited classes

Guest walk-in fee \$7 per class

Silver Sneakers Members \$20 Unlimited Classes

Monday

Cardio Sculpt 9 am (Sherri)
AB Attack 5:30 pm (Sarah)
Body Blast 6 pm (Sarah)
Cardio Dance Fusion 7 pm (Sarah)

Tuesday

SPIN 6am (Harry)
Pilates 9 am (Jen)
Silver Sneakers Circuit 10 am (Sara)
SPIN 11 am (Ann)
Gentle Yoga 4 pm (Jen)
Body Sculpt Bootcamp 5:30pm (Harry)
Cardio Dance Fusion 6:30pm (Sarah)

Wednesday

SPIN 6 am (Sara)
DancXise 9 am (Sherri)
Restorative Yoga 4 pm (Jen)
CT Xpress 6 pm (Sherri)
SPIN Xpress 6:30 pm (Sherri)

Thursday

TRX 6am (Harry)
Cardio-Jam 9 am (Sherri)
Silver Sneakers Stability 10 am (Sara)
Zumba Gold 11 am (Will)
SPIN 5:30 pm (Harry)

Friday

SPIN 6 am (Sara)
Yoga 8 am (Karlin)
Move & Tone 9:30 am (Sherri)

Saturday

Yoga 9 am (Karlin)
SPIN 10:15 am (Sarah)

910-399-4760

Schedule updates available at www.4ever24fit.com