
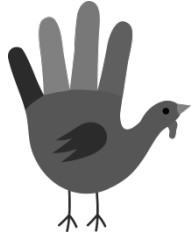




November 2018 – Danville Family YMCA Group Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Exciting things are happening this month – take advantage and REALLY see some changes!</p> <p>Group Power/STT is all new! With an increased weight factor in every song, things are about to really get good!</p> <p>TRX is coming to the evening – check out Wednesday evenings at 5:30 – this workout is based on your body weight and suspension and will challenge all your muscles.</p>			<p>1 6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT David 5:30 *Box and Sculpt Jon 5:40 Zumba Tammy 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p>2 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 STT/GP Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Karen 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:00 Cycle Letitia 5:30 NO POUND!</p>	 <p>3 LOUIE FIELDS RACE AND PANCAKE BREAKFAST! 10:30 Yoga Cyndi 11:00 Silver Sneakers Wanda</p> <hr/> <p>4 2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy AND Robin</p>
<p>5 6:00 Cycle Don 8:00 GP/STT Greg and David 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin and Karen 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Valerie 6:40 Power Yoga Cyndi</p>	<p>6 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 TRX Don 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix William 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy AND Greg 6:40 Pilates/Yoga Sculpt Gingy</p>	<p>7 5:45 STT/GP David 6:00 Yoga Casey 8:00 GP/STT Greg and Karen 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 5:30 TRX Cindy 6:40 Power Yoga Casey 6:40 Barre Sculpt Megin</p>	<p>8 6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Robin AND David 5:30 *Box and Sculpt Jon 5:40 Zumba Valerie 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p>9 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 GP/STT Greg and David 9:15 NO REFIT 9:30 Yoga Frank 9:15 Cycle Chad 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:00 Cycle Cindy 5:30 POUND! Lauren</p>	<p>10 8:15 Cardio Mix William 9:30 Cycle 30 w/abs Laura 9:30 Zumba Kristen 10:30 Yoga Cyndi 11:00 Silver Sneakers Donna</p> <hr/> <p>11 2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy AND Robin</p>
<p>12 6:00 Cycle Lori 8:00 GP/STT Greg 9:30 Pilates Megin 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Lori 5:30 GP/STT Robin 5:30 Cycle Letitia 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen</p>	<p>13 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 TRX Don 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix Kristen 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>	<p>14 5:45 STT/GP David 6:00 Yoga Casey 8:00 STT/GP Karen 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 5:30 TRX Letitia 6:40 Power Yoga Casey 6:40 Barre Sculpt Gingy</p>	<p>15 6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Zumba MORGAN!! 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p>16 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Laura 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:00 Cycle Robin 5:30 POUND! Lauren</p>	<p>17 8:15 Cardio Mix Katie 9:30 Cycle 30 w/abs Letitia 9:30 Zumba Tammy 10:30 Yoga Letitia 11:00 Silver Sneakers Wanda</p> <hr/> <p>18 2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>

<p>6:40 Power Yoga Cyndi</p> <p>19 6:00 Cycle Don 8:00 GP/STT Karen 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Cyndi</p>	<p>20 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 TRX Tammy 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Letitia 5:30 Step Mix Cindy 5:30 *Box and Sculpt Jon 6:40 GP/STT David 6:40 Pilates/Yoga Sculpt Madison</p>	<p>21 5:45 STT/GP David 6:00 Yoga Letitia 8:00 STT/GP Greg 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 12:00 Yoga Cyndi</p>	<p>22</p>  <p>Happy Thanksgiving!</p>	<p>23</p> <p>9:00 TURKEY LEG BOOTCAMP - Greg</p>	<p>24 8:15 POUND! Lauren 9:30 Cycle 30 w/abs Cindy 9:30 Zumba Tammy 10:30 Yoga Cyndi 11:00 Silver Sneakers Kathy</p> <hr/> <p>25 2:00 Cycle Laura 2:00 Zumba Valerie 3:15 GP/STT David</p>
<p>26 6:00 Cycle Don 8:00 GP/STT David 9:30 Pilates Madison 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Cyndi</p>	<p>27 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 TRX Tammy 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix William 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>	<p>28 5:45 STT/GP David 6:00 Yoga Casey 8:00 STT/GP Greg 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 5:30 TRX Letitia 6:40 Power Yoga Casey 6:40 Barre Sculpt Megin</p>	<p>29 6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Zumba Tammy 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p>30 5:30 *Box and Sculpt Jon 6:00 HIT Travis 8:00 STT/GP Karen 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Laura 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:00 Cycle Robin 5:30 POUND! Lauren</p>	

