

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A		 Spin Sonia		 Spin Sonia		ALL SAT CLASSES 10AM
9:AM	Tabata Water Aerobic Tonya	Water Aerobic Tonya	Tabata Water Aerobic Tonya	Water Aerobic Tonya	Resistance Water Aerobic Tonya	11/5 10am Senior Swim Shawn
9:AM	Pilates Katia	Christian YOGA Angela	Pilates Katia	Christian YOGA Angela	Pilates Katia	
10AM	Dance Fitness Lois		Dance Fitness Lois		Dance Fitness Lois	11/12 10am Water Tone Abs Tonya
10:15A	Advanced Water Aerobics Tonya	Water Tone Abs Tonya	Advanced Water Aerobics Tonya	Resistance Bands Tonya	Water Tone Abs Shawn	
	 Shawn 10:30AM	Senior Fit Shawn 10:15A	 Shawn 10:30AM	Senior Fit Shawn 10:15A	 Shawn 9:15A	11/19 10am Dance Fitness Lois
11:30A	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	
2:15P	Senior Fit Shawn	Group Orientation 1PM Brian	Senior Fit Shawn		Senior Fit Shawn	11/26 10am NO CLASS
4:30P	Body Sculpt Shawn			Body Sculpt Shawn	Body Sculpt Shawn	
5:30P	Water Aerobics Shawn	Water Aerobics Tonya	 Spin Shirley 5:15 ----- Body Sculpt Shawn 5:15			

**NOVEMBER 2022** Trinity Health & Fitness 864-285-0589