



GROUP EXERCISE NOVEMBER 2022

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	SATURDAY 10:00 AM CLASS IS BACK!!! KNOCKOUT OR BUTTS & GUTS Weekend Workouts are The Best!!!	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF BETH H 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SF RANDI 6:30 C BETH F(gym)	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:30 B DANIELLE 5:30 PP ASHLEY	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 Z LEAH 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 CH BETH F 9:00 Z NANCY 11:15 SS DIXIE	8:00 C KEITH (gym) 9:00 SF BETH H 10:00 KO JENNY
6	7	8	9	10	11	12
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PP STACEY 5:30 B&G JR 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z LEAH 5:30 Y CANDICE(up) 5:30 W/ST FRANK 6:30 SF RANDI 6:30 C KEITH(gym)	6:00 HCC JENNY(gym)** 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:30 B DANIELLE 5:30 PP PAM	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C JENNY(gym)	6:00 CH BETH F 9:00 Z NANCY 11:15 SS NANCY	8:00 C SUZANNE(gym) 9:00 Z RENA 10:00 B&G ASHLEY
13	14	15	16	17	18	19
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PP KEITH 5:30 B&G ASHLEY 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF BETH H 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 Z LEAH 6:30 C KEITH(gym)	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:30 T DANIELLE 5:30 PP ASHLEY	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF RANDI 5:30 Y CANDICE(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C BETH F(gym)	6:00 CH STACEY 9:00 Z NANCY 11:15 SS DIXIE	8:00 C BETH F (gym) 9:00 Z LEAH 10:00 KO JR
20	21	22	23	24	25	26
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PP STACEY 5:30 B&G JR 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD NANCY 4:30 Z LEAH 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SF RANDI 6:30 C SUZANNE(gym)	6:00 HCC BETH F(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:30 B ASHLEY 5:30 NO CLASS	As you gather to give thanks, may the warmth & beauty of the Holiday Season bring happiness to you & your family Happy Thanksgiving	NO CLASSES	8:00 C JENNY(gym) 9:00 SF RANDI 10:00 B&G ASHLEY
27	28	29	30			
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PP KEITH 5:30 B&G ASHLEY 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z LEAH 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SF RANDI 6:30 C SUZANNE (gym)	6:00 HCC BETH F(gym)** 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:30 T DANIELLE 5:30 PP PAM			
	No Classes Thu & Fri Nov 24th & 25TH Enjoy your family and have a wonderful Thanksgiving	ALL CLASSES ARE FREE WITH YOUR MEMBERSHIP Contact Nancy Walker with any questions or concerns.	Please note: Instructors are subject to change on short notice. Thank you to those who step up & help out in times of need	PH&FC offers 50 Group Fitness Classes a week. Including Aqua classes. We have a class just right for YOU!		

CLASS KEY: (For class descriptions, please see reverse side)

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| B: Barre | DF: Dance Fitness | LD: Line Dancing | SS: SilverSneakers Classic | W: War |
| BLD: Beginning Line Dancing | HCC: Hard Core Cycle | M&G: Move & Groove | SSY: Silver Sneakers Yoga | Y: Yoga |
| B&G: Butts & Guts | HIIT: High Intensity Interval | PP: Power Pump | ST: Strength Training | Z: Zumba |
| C: Cycle | KO: KnockOut (boxing) | SF: Shine Fitness | T: Transform | |
| CH: Chisel | | | | |