

November Fitness Class Schedule

Studios Phone: 935-6752
TF Fit Ctr Phone: 935-6740

Hrs: M-Sat 8am-noon; 3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified
Guests may not use discounted package

	Studio #1	Studio #2	Studio #3			
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Indoor Pool)	Hydro Challenge w/ Janet (Indoor Pool)	Hydro Challenge w/ Sue (Indoor Pool)	Aqua Zumba w/ Helen (Indoor Pool)		
	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Yoga w/ Allen	Strictly Strength w/ Sonia	Yoga w/ Allen	Strictly Strength w/ Sonia	
			Stillness in Motion w/ Charlie			
9:00					Aqua Zumba w/ Helen (Indoor Pool)	
	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Tatiana	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Core Combo Yoga w/ Becca	Yin Yoga w/ Laine	Zumba w/ Tatiana	Yin Yoga w/ Laine		Zumba w/ Helen
	Spin Bikes Available in Studio #3					
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre (New) w/ Becca	Pilates (New) w/ Shirleen	Sit & Fit* w/ Shirleen	Pilates (New) w/ Shirleen	Sit & Fit* w/ Shirleen	
	Spin Bikes Available in Studio #3					
	Gentle Cardio Strength w/ Patti	Balance Plus (returns) w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus (returns) w/ Sonia	Gentle Cardio Strength w/ Patti	
11:00	#2 Not available 11-4	Country Fitness w/Cortney	#2 Not available 11-2	#2 Not available 11-4		
	Spin Bikes Available in Studio #3					
3:00	Unwind Body and Mind w/ Laine		Yin Yoga w/ Laine		NEW - Pilates and Pilates/Barre - M/T/Th-10am Returning - Balance Plus - T/Th11am *Note: Sit & Fit moved to W/F at 10am Be sure to make a reservation on SuperSaaS!	
4:00						

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/