NOVEMBER 2018 Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Ask Germán to help you create your ultimate fitness plan…	THANK YOU, VETERANS	Experience the themed Spinning Rides in November! Unique rides created and presented by Angelia! Check Dates Below	**1** 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	**2** *6pm Ballroom Dancing with Juan Join the Team!*	**3** 8:30-9:30am Spinning with Fred!
4 Ask Juan about adding Dance to your Training…		**6** 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	**7** 6:30-7:30pm Spinning with Angelia **Veterans' Day Ride** With Visual Imaging!	**8** 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	**9** *6pm Ballroom Dancing with Juan Join the Team!*	**10** 8:30-9:30am Spinning with Angelia
11	**12** Ask Fred about tweaking your food plan this week…	**13** 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	**14** 6:30-7:30pm Spinning with Angelia **Grateful Ride** With Visual Imaging!	**15** 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	**16** *6pm Ballroom Dancing with Juan Join the Team!*	**17** 8:30-9:30am Spinning with Missy
		20 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	**21** 6:30-7:30pm Spinning with Angelia **Thanksgiving Eve RIDE!**	**23** *6pm Ballroom Dancing with Juan Join the Team!*	**24** 8:30-9:30am Spinning with Missy
25	**26** Ask Nick how to maximize cardio for fat loss…	**27** 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	**28** 6:30-7:30pm Spinning with Angelia	**29** 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	**30** *6pm Ballroom Dancing with Juan Join the Team!*	

HAPPY THANKSGIVING FROM EVERYONE AT THE FITCLINIC!