



GROUP FITNESS: November 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	OPEN FITNESS STUDIO Ages 16 and Up M, T, W, Th, F 5:30-6:55 AM (workout) M, Th, F 8:00-9:00 AM (walking)	INCLUSIVE WELLNESS For Augusta County Public Schools with Sue Tuesday & Thursday 1-2 PM	SPECIAL PAID PROGRAMS!!!! MARTIAL ARTS with Master Tony 2x per week: Call 540-943-3302 BOXING with Tre Wednesday Evenings: Call 540-943-9622 TAI CHI with Bonner Saturdays: 9-10 Call 540-943-9622		1 9:15 Gentle Yoga 10:30 Yoga Fusion 11:45 Gentle Conditioning	2
3	4 9:15 Zumba 10:30 Classic Yoga 11:45 Gentle Conditioning 5:15 Barre 6:15 Spin	5 8:00 Zumba 9:15 Muscle Mania 10:30 Chair Yoga 5:00 Essential Strength	6 8:30 Spin 9:15 Pound 10:00 Balance/Stability 10:15 Strength Circuits 6:00 Zumba	7 9:15 Cardio Sculpt 10:30 Chair Yoga 11:45 Zumba 5:00 Essential Strength 6:00 Gentle Yoga and Meditation	8 9:15 Gentle Yoga 10:30 Yoga Fusion 11:45 Gentle Conditioning	9
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Call our Front Desk at 540-943-9622 if you have questions about class length and class locations ... or program details and fees. **CLASS LENGTHS REMAIN** as set in previous monthly schedules.

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