




Sun Mon Tue Wed  Thu Fri Sat

<p>1</p> 	<p>2 8:15a <i>SilverSneakers II</i> ®/Dianne 9:15a Body Blast/Dianne 10:15 Kripalu Yoga/Michele <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Zumba/Candy 5:30 Step/Barb 6:30 Pilates/Natalie 7:30 Hip Hop/Jordan</p>	<p>3 8:15a Tai Chi/Nancy 9:15 Cardio Pump/Cheri 10:15 Pilates/Jenni <i>11:15 SilverSneakers I</i> ®/Dianne 4:30p Core Board/Lisa 5:30 Body Blast/Dianne 6:30 30 Min CardioKickbox/Barb 7:00 Yoga/Hathaway</p>	<p>4 8:00a Pi/Yo/Natalie NEW! 9:15 Triple Play/Dianne <i>10:15 SilverSneakers II</i> ®/Cheri <i>11:15 Yoga Flex/Shelly</i> 4:00p A+ Abs & Core/Daphne 4:30 Step/Barb 5:30 Zumba/Dawn 6:30 Pilates/Natalie <i>DNL Practices 7:30-9:30p</i></p>	<p>5 8:15a Tai Chi/George 9:15 Pilates/Jenni 10:15 Hip Hop/Jordan <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Cardio Pump/Lisa 5:30 Body Blast/Barb 6:30 Zumba/Candy 7:30 Yoga/Betsy <i>DNL Practices 4:30-6:30p</i></p>	<p>6 8:15a Yoga/Shelly 9:15a TGIF/Cheri <i>10:15 SilverSneakers II</i> ®/Dianne <i>11:15 Yoga Flex/Dianne</i> <i>DNL Practices 4:30-6:30p</i></p>	<p>7 8:30 Body Blast/Dianne 9:30 Triple Play/Dianne (Aero/Kickboxing/Step—20 ea) 10:30 Yoga/Betsy <i>DNL Practices 1-4p</i></p>
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<p>All classes are 55 minutes unless otherwise specified. Xpress Classes are 45 minutes in length. A+ Abs & Core and Intro classes are just 30 minutes long.</p>	<p>9 8:15a <i>SilverSneakers II</i> ®/Dianne 9:15a Body Blast/Dianne 10:15 Yoga/Shelly <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Zumba/Candy 5:30 Step & Pump/Barb 6:30 Pilates/Natalie 7:30 Hip Hop/Jordan</p>	<p>10 8:15a Tai Chi/Nancy 9:15 Cardio Pump/Cheri 10:15 Pilates/Jenni <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Pilates/Lisa 5:30 Body Blast/Dianne 6:30 30 Min CardioKickbox/Dianne 7:00 Yoga/Hathaway</p>	<p>11 8:00a Pi/Yo/Natalie NEW! 9:15 Triple Play/Dianne <i>10:15 SilverSneakers II</i> ®/Betsy <i>11:15 Yoga Flex/Betsy</i> 4:00p A+ Abs & Core/Daphne 4:30 Step/Dianne 5:30 Zumba/Cristina 6:30 Pilates/Natalie <i>DNL Practices 7:30-9:30p</i></p>	<p>12 8:15a Tai Chi/George 9:15 Pilates/Jenni 10:15 Zumba/Candy <i>11:15 SilverSneakers I</i> ®/Dianne 4:30p Body Blast/Barb 5:30 Cario Pump/Lisa 6:30 Zumba/Krista 7:30 Yoga/Hathaway</p>	<p>13 8:15a Yoga/Shelly 9:15a TGIF/Betsy <i>10:15 SilverSneakers II</i> ®/Cheri <i>11:15 Yoga Flex/Betsy</i> <i>DNL Practices 4:30-6:30p</i></p>	<p>14 8:30 Body Blast/Barb 9:30 Step/Barb 10:30 Pilates/Shelly <i>DNL Practices 1-4p</i></p>
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<p>Gym Hours: 4:30a-10p weekdays 7a-5p weekends Kidz Club Hours: 8a-1p & 4p-8p weekdays *Mondays till 8:30p 8a-2p Saturdays 9a-2p Sundays</p>	<p>16 8:15a <i>SilverSneakers II</i> ®/Dianne 9:15a Body Blast/Dianne 10:15 Yoga/Shelly <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Zumba/Candy 5:30 Step/Barb 6:30 Pilates/Natalie 7:30 Hip Hop/Jordan</p>	<p>17 8:15a Tai Chi/Nancy 9:15 Cardio Pump/Cheri 10:15 Pilates/Jenni <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Core Board/Lisa 5:30 Body Blast/Dianne 6:30 30 Min CardioKickbox/Barb 7:00 Yoga/Hathaway</p>	<p>18 8:00a Pi/Yo/Natalie NEW! 9:15 Triple Play/Dianne <i>10:15 SilverSneakers II</i> ®/Cheri <i>11:15 Yoga Flex/Shelly</i> 4:00p A+ Abs & Core/Daphne 4:30 Step/Barb 5:30 Zumba/Dawn 6:30 Pilates/Natalie <i>DNL Practices 7:30-9:30p</i></p>	<p>19 8:15a Tai Chi/George 9:15 Pilates/Jenni 10:15 Hip Hop/Jordan <i>11:15 SilverSneakers I</i> ®/Dianne 4:30p Cardio Pump/Barb 5:30 Body Blast/Lisa 6:30 Zumba/Candy 7:30 Yoga/Hathaway</p>	<p>20 8:15a Yoga/Shelly 9:15a TGIF/Cynthia <i>10:15 SilverSneakers II</i> ®/Dianne <i>11:15 Yoga Flex/Dianne</i> <i>DNL Practices 4:30-6:30p</i></p>	<p>21 8:30 Body Blast/Lisa 9:30 Step/Lisa 10:30 Yoga/Hathaway <i>DNL Practices 1-4p</i></p>
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<p>22</p>	<p>23 8:15a <i>SilverSneakers II</i> ®/Dianne 9:15a Body Blast/Dianne 10:15 Yoga/Shelly <i>11:15 SilverSneakers I</i> ®/Dianne 4:30p Zumba/Candy 5:30 Step & Pump/Barb 6:30 Pilates/Natalie 7:30 Hip Hop/Jordan</p>	<p>24 8:15a Tai Chi/Nancy 9:15 Cardio Pump/Cheri 10:15 Pilates/Jenni <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Aerobics/Lisa 5:30 Body Blast/Dianne 6:30 30 Min CardioKickbox/Dianne 7:00 Yoga/Hathaway</p>	<p>25 8:00a Pi/Yo/Natalie NEW! 9:15 Triple Play/Dianne <i>10:15 SilverSneakers II</i> ®/Cheri <i>11:15 Yoga Flex/Dianne</i> 4:00p A+ Abs & Core/Daphne 4:30 Step/Barb 5:30 Zumba/Cristina 6:30 Pilates/Natalie <i>DNL Practices 7:30-9:30p</i></p>	<p>Thanksgiving Gym Hours: 7a-12 noon Kidz Club Hours: 8a-12 noon 8:30a Body Blast/Dana 9:30 Double Trouble Cardio (1/2 Step 1/2 Kickbox)/Dana</p>	<p>27 BLACK FRIDAY Gym Hours: 6a-8p Kidz Club: 8a-1p & 4p-8p 8:15a Yoga/Shelly 9:15a TGIF/Cheri <i>10:15 SilverSneakers II</i> ®/Cheri <i>11:15 Yoga Flex/Shelly</i> <i>DNL Practices 4:30-6:30p</i></p>	<p> Instructor Training with Jani Roberts Registration 8a Workshop 8:30a—5:30p www.Zumba.com</p>
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<p> Instructor Training With Jani Roberts Registration 8a Workshop 9a-6p www.Zumba.com</p>	<p>30 8:15a <i>SilverSneakers II</i> ®/Dianne 9:15a Body Blast/Dianne 10:15 Pi/Yo/Natalie <i>11:15 SilverSneakers I</i> ®/Cheri 4:30p Zumba/Candy 5:30 Step/Barb 6:30 Pilates/Natalie 7:30 Hip Hop/Jordan</p>	<p>Group Exercise Class Menu November 2009 Gold's Gym, Carlisle Phone: 218-0282 www.GoldsGym.com/CarlislePA</p>	
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