

**KEN-TON FAMILY YMCA  
GROUP FITNESS SCHEDULE  
NOVEMBER 2022**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	<b>BODYPUMP™</b> 8:15-9:00 am Katarina	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>Fusion</b> 8:00-8:45 am Dani	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>Core &amp; More</b> 8:00-8:45 am Dave	<b>Strength &amp; Conditioning</b> 8:30-9:00 am Dani
	<b>On the Ball</b> 9:15-9:45 am Denise	<b>Healthy Back</b> 9:00-9:45 am Dave <i>No class Nov 1<sup>st</sup></i>	<b>Core &amp; More</b> 9:00-9:45 am Dani	<b>Healthy Back</b> 9:00-9:45 am Dave	<b>Strength &amp; Conditioning</b> 9:00-9:45 am Dave	<b>Cardio Interval</b> 9:15-10:00 am Dani
	<b>Silver Sneakers Circuit</b> 9:15-9:45 am Annette	<b>Yoga</b> 10:00-10:45 am Sara	<b>Silver Sneakers Classic</b> 10:00-10:45 am Annette	<b>Yoga</b> 10:00-10:45 am Y-Zone Sara		<b>Silver Sneakers Classic</b> 9:30-10:15 am Jen No class 11/25
	<b>Silver Sneakers Classic</b> 10:00-10:45 am Jen	<b>Yoga</b> 10:00-10:45 am Y-Zone Sara	<b>DRUMS ALIVE</b> 11:00-11:45 am Annette	<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen	
	<b>Zumba®</b> 10:00-10:45 am Annette	<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen		<b>Group Cycling</b> 10:45-11:30 am Katarina No class 11/3		<b>Silver Sneakers Enerchi</b> 10:30-11:15am Jen No class 11/25
	<b>Bootcamp Express</b> 6:00-6:30 pm Alex	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen	<b>ZUMBA</b> 5:30-6:15 pm MaryEllen	<b>BODYPUMP™ Express</b> 4:00-4:45 pm Katarina No class 11/3		
	<b>Aqua Cycle</b> 6:00-6:45 pm Allison	<b>Pilates</b> 5:15-6:00 pm Annette		<b>On the Ball</b> 5:00-5:45 pm Denise		
	<b>Strength &amp; Conditioning Express</b> 6:45-7:15 pm Alex	<b>Cardio Kick-Boxing</b> 6:15- 7:00 pm Katarina No class Nov. 8 <sup>th</sup>		<b>Stretching</b> 6:00-6:30 pm Denise	<b>Yoga</b> 11:15-12:00 pm Elizabeth	
			<b>Yoga</b> 7:15-8:00 pm Katarina No class Nov. 8 <sup>th</sup>			

