

Total Body Wellness

NOVEMBER 2019

Effective 11/01-11/30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY **	FRIDAY ***	SATURDAY	SUNDAY *
BOOT CAMP 6AM-7AM (FF) ELLEN	INDOOR CYCLE 6AM-7AM (T) PAT	PiYo 6AM-7AM (MB) CATHY	BOOT CAMP 6AM-7AM (FF) ELLEN		BOOT CAMP 8AM-9AM CATHY	BODY INFERNO 8AM-9AM (A) MATT
VINYASA YOGA 8AM-9AM (MB) DEL	AQUA CORE 9:30AM-10:30AM (P) DEE-DEE	ZUMBA® TONING 9AM-10AM (A) CATHY	CARDIO KICK 9AM-10AM (A) LISA P	ULTIMATE FITNESS 9:30AM-10:30AM (A) LISA P	ZUMBA® TONING 9AM-10AM (A) RUCHI	Mixer 9AM-10AM (A) LISA P
STEP-N-STRENGTH 9AM-10AM (A) VIN	ZUMBA® 9AM-10AM (A) RUCHI	CORE EXPRESS 9:30AM-10AM (MB) MATT	AQUA CARDIO STRENGTH 9:30AM-10AM (P) DEE-DEE	VINYASA FLOW 9:30AM-10:30AM(MB) NANCY	VINYASA YOGA 9AM-10AM (MB) DEL	HATHA YOGA 9AM-10AM (MB) JANET
SOULBODY BARRE 9AM-10AM (MB) MISSI	YOGA PILATES FUSION 10AM-11AM (MB) SHARON	YIN YOGA 10AM-11AM (MB) MATT	VINYASA YOGA 10AM-11AM (MB) DEL	AQUA TONING 12PM-1PM (P) ANU N	ULTIMATE FITNESS 10AM-11AM (A) LISA P	Zumba® 10AM-11AM (A) MARIA
BODY INFERNO 10AM-11AM (A) MATT	INTERVAL TRAINING 10AM-11AM (A) LIZA A	TAI CHI 11AM-12PM (A) SETSUKO	ZUMBA 10AM-11AM (A) PAM	GOLDEN FIT & FLOW 1PM-2PM (A) ANU	ON THE BALL 10AM-11AM (MB) CATHY	SHADOWBOX 10AM-11AM (T) THAD
YOGA 10AM-11AM(MB) NANCY						
AQUA CARDIO 11:30AM-12:30PM (P) ANU					*11/3-Daylight Savings	Studio
	TABATA 6PM-7PM (A) MATT	BARE BARRE FIT 6PM-7PM (MB) CATHY	BOSU® SCULPT 6PM-7PM (A) VIN	STRONG BY ZUMBA® 6PM-7PM (A) MARIA	**11/28-Thanksgiving Day-CLOSED	Fitness Floor-FF
KIDS ZUMBA/DRUMFIT 5:30PM-6:30PM (A) DONNA	VINYASA YOGA 6:45pm-7:45pm (B) SHARON	ZUMBA® 7PM-8PM (A) VIN	INTERVAL TRAINING 7PM-8PM (A) LIZA A	KIDS CONDITIONING 6PM-7PM (G) ROB	***11/29-Modified class schedule	Aerobics Studio Upper Level- A
TOTAL BODY SCULPT 6:30PM-7:30PM (A) DONNAMARIE	STRONG BY ZUMBA® 7PM-8PM (A) MARIA	INDOOR CYCLE 7PM-8PM (T) PAT	BOLLYWOOD DANCE 7PM-8PM (MB) ARCHANA			Mind Body Studio Lower Level-MB
ZUMBA®TONING/KICKBOXING 7:30PM-8:30PM (A) MARIA	KIDS BOLLYWOOD 7PM-8PM (MB) ARCHANA	ON THE BALL 7:30PM-8:30PM (MB) CATHY	G.O.A.L.S 8PM-8:30PM (A) LIZA Glutes, Obliques, Abs, Leg Strengthening			Training Studio Lower Level- T
						Pool- P
						Gymnasium-G
						Banquet Hall-B

For more information contact the Director of Total Body Wellness at liza@usawac.com
Schedule subject to change. For updates, please follow us on FB: Windsor Athletic Club-USAWAC