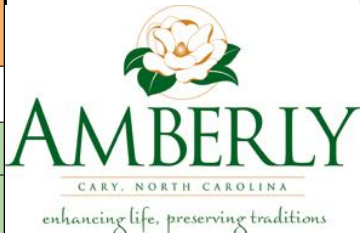


# AMBERLY GROUP FITNESS SCHEDULE - NOVEMBER 2021

AMBERLY GROUP FITNESS SCHEDULE - NOVEMBER 2021										
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat			
6:30 AM	FACILITY CLOSED	CardioCombo Alli						CardioCombo Alli		FACILITY CLOSED
7:15 AM										
8:00 AM	Basketball Club				Yoga Stephen			Yoga Stephen	8:30 am Samporna Holistic Yoga/ Preeti starts 13th	
9:00 AM				Kickbox Judy		Cardio Core Judy				
9:30 AM		Cardio Combo/Jenn		Yoga/Terri	Cardio Dance Jenn	NEW! Core & More/Jenn	Cardio Combo Jenn	Strength & Balance Jenn		
10:00 AM	Badminton Club 10-12pm								ZumbaTone Marissa	Circuit Alli
10:30 AM		Yoga/Stef					Stretch & Flex			
12:00 PM	Pickleball 12-2 PM	11:45am Power UP/Stef								
4:00 PM		Teen Sport Conditioning Monique 45 min.				Teen Sport Conditioning Monique 45 min.				
4:30 PM				Teen Personal Trng Trevor (fee)			Soccer Shots ages 3-5 (fee)		Teen Personal Trng Trevor (fee)	
4:45 PM						Soccer Shots ages 3-5 (fee)				
5:00 PM								Teen Volleyball and Badminton		
5:30 PM		Adult Agility Monique 45 min.		Boot Camp Trevor 45 min	Yoga Sarah		Boot Camp Trevor 45 min	Yoga Sarah		
5:45 PM										
6:00 PM			Ballroom Dance Club							
6:30 PM		Line Dance Club				HITT / Alli				
6:45 PM			Zumba/Gisela	Zumba/Gisela	Adult Per. Trng sm grp Trevor (fee)	Zumba/Marissa		Adult Per. Trng sm grp Trevor (fee)		
7:00 PM	FACILITY CLOSED									
7:45 PM				Adult Volleyball Club		Badminton Club			Soccer Club	



Instructor	Class	Zoom ID	Passcode	Instructor	Class Name	Zoom ID	Passcode	COLOR CODING GUIDE		
Judy	Kbox/Cardio	389 894 927	JudyCardio	Stef	Power Up!	713 1861 6775	powerup	Virtual class		
Marissa	Zumba	982 3636 2361	Dance	Stephen	Yoga class	265 486 548	Amberly			
Marissa	Zumba/Tone	968 8922 4458	Toning	Gisela	Zumba class	713 1861 6775	powerup	In Person Class or Club		
Sarah	Yoga Class	919 564 211	namaste							