



NOVEMBER

MIND AND BODY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM <i>Peggy</i>	BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i>	BODYPUMP 6 - 6:55 AM <i>Mitsuko</i>	BODYCOMBAT 6 - 6:55 AM <i>Elizabeth</i>	BODYPUMP w/ CXWORX 6 - 6:55 AM <i>Peggy</i>	CXWORX 8:30 - 9 AM <i>Peggy</i>	WARM YOGA 8 - 9:30 AM <i>Kari</i>
YOGA FOR ATHLETES 7 - 7:45 AM <i>Peggy</i>	NIA 8 - 8:55 AM <i>Cristin</i>	CXWORX 7-7:30 AM <i>Mitsuko</i>	YOGA FLOW 7 - 7:55 AM <i>Gina</i>	BODYFLOW 7 - 7:45 AM <i>Peggy</i>	YOGA FOR ATHLETES 9 - 9:45 AM <i>Peggy</i>	VINYASA YOGA 10 - 11:15 AM <i>Shauna</i>
HOT YOGA 9 - 10:30 AM <i>Melinda</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	HOT YOGA FLOW 9 - 10:30 AM <i>Susie</i>	BELLY DANCE WORKOUT 8:00-8:45am <i>Stuti</i>	WARM YOGA 9 - 10:30 AM <i>Kate</i>	BODYPUMP 10 - 10:55 AM <i>Peggy</i>	MAT PILATES 11:30 - 12:30 PM <i>Shauna</i>
BODYPUMP 11 - 11:55 PM <i>Terri</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Terri</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Megan</i>	BODYFLOW 11 - 11:55 PM <i>Peggy</i>	HOT YOGA 4 - 5:30 PM <i>Melinda</i>
STRETCH & RENEW 12 - 1 PM <i>Antonio</i>	BODYFLOW 10:30 - 11:30 AM <i>Megan</i>	STRETCH & RENEW 12 - 1 PM <i>Antonio</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	STRETCH & RENEW 12 - 1 PM <i>Antonio</i>	ZUMBA 12 - 1PM <i>Elizabeth</i>	
ZUMBA 1:00-1:55PM <i>Freddie</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>	HATHA YOGA 4:30 - 5:30 PM <i>Judy</i>	BODYFLOW 10:30 - 11:30 AM <i>Mitsuko</i>		HOT YOGA FLOW 4 - 5:30 PM <i>Kari</i>	
HOT YOGA FLOW 6 - 7:30 PM <i>Rosie</i>	YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Kate</i>	HOT YOGA 6 - 7:30 PM <i>Antonio</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Guest Policy</p> <p>Please be sure to check in any guests at CVAC Front Desk</p> </div>		
	BODYPUMP 6 - 7 PM <i>Terri</i>		YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Rosie</i>			
			BODYPUMP 6 - 7 PM <i>Natalie</i>			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAY FIT 9 - 9:45 AM <i>Mitsuko</i>	TAI CHI FUSION 9 - 9:45 AM <i>Kaleo</i>	STAY FIT 9 - 9:45 AM <i>Mitsuko</i>	TAI CHI FUSION 9 - 9:45 AM <i>Kaleo</i>	STAY FIT 9 - 10 AM <i>Mitsuko</i>	BARRE 10:30-11:20AM <i>Jordan</i>	
MAT PILATES 11 - 11:50 AM <i>Shauna</i>	BARRE 11-11:50AM <i>Jordan</i>	MAT PILATES 11 - 11:50 AM <i>Leah</i>	MAT PILATES 10 - 10:50 AM <i>Amanda C</i>	MAT PILATES 11 - 11:50 AM <i>Shauna</i>		
HIIT ST:ENGT 5 - 5:45PM <i>Elizabeth</i>		HIIT STRENGTH 5 :15 5:45 PM <i>Janka</i>	BARRE 11-11:50AM <i>Jordan</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Holiday Schedule</p> <p>Thanksgiving - Thursday November 22nd - NO CLASSES Christmas Eve - Monday December 24th - NO CLASSES Christmas Day - Tuesday December 25th - NO CLASSES New Year's Eve - Monday December 31st - NO CLASSES New Year's Day - Tuesday January 1st - NO CLASSES</p> </div>		
FUSION DANCE 6 - 6:45 PM <i>Elizabeth</i>		DANCEFUSION 6 - 6:45 PM <i>Stuti</i>				

POOL/
REFUGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Mitsuko</i>		AQUA 10 - 11 AM <i>Annie</i>	AQUA 10 - 11 AM <i>Elizabeth</i>	
		AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i>				



NOVEMBER

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6:00-6:45AM	VIRTUAL RPM 6:00—6:45AM	VIRTUAL RPM 6:00—6:45AM	VIRTUAL RPM 6:00-6:45AM	VIRTUAL RPM 5:30-6:15AM	VIRTUAL RPM 7:00-7:45AM	VIRTUAL RPM 7:00-7:45AM
SPIN&SCULPT 8:00-8:45AM <i>Mitsuko</i>	WATT SPIN 7:00-7:45AM <i>Jennifer</i>	SPIN & SCULPT 8:00-8:45AM <i>Mitsuko</i>	RPM 7:00-7:45AM <i>Kari</i>	VIRTUAL RPM 7:00-7:45AM	RPM 8:00—8:45AM <i>Mitsuko</i>	RPM 9:00-9:45AM <i>Diana/Nelly</i>
VIRTUAL RPM 11:00-11:45	POWER SPIN 9:30—10:15 AM <i>Sehra</i>	VIRTUAL RPM 11:00-11:45AM	POWER SPIN 9:30-10:15AM <i>Sehra</i>	SPIN & SCULPT 8:00—8:45AM <i>Diana</i>	INTRO 9:15—9:45AM <i>Diana</i>	POWER SPIN 10:00-10:45AM <i>Sehra</i>
RPM 12:30-1:15PM <i>Terri</i>	VIRTUAL RPM 11:00-11:45AM	POWER SCULPT 12:15—1PM <i>Megan</i>	VIRTUAL RPM 11:00-11:45AM	VIRTUAL RPM 12:30-1:15PM	POWER SCULPT 10:00-10:45AM <i>Diana</i>	VIRTUAL RPM 1:00-1:45PM
VIRTUAL RPM 4:30-5:15PM	HIIT SPIN 12:30—1:00PM <i>Diana</i>	VIRTUAL RPM 3:00-3:45PM	HIIT SPIN 12:30-1:00PM <i>Mitsuko</i>	VIRTUAL RPM 3:00-3:45PM	VIRTUAL RPM 12:00-12:45PM	VIRTUAL RPM 3:00-3:45PM
HIIT SPIN 6:00-6:30PM <i>Jennifer</i>	POWER SCULPT 5:00-5:45PM <i>Janka</i>	HIIT SPIN 4:30-5:00PM <i>Janka</i>	VIRTUAL RPM 3:30-4:15PM		VIRTUAL RPM 3:00-3:45PM	
VIRTUAL RPM 7:00-7:45PM	VIRTUAL RPM 7:00—7:45PM	RPM 6:00-6:45PM <i>Terri</i>	POWER SCULPT 5:00-5:45PM <i>Janka</i>			

TENNIS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Please see the Tennis section of the newsletter for November clinic dates and times.						

KIDS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			PARENT & TOT 10:00 - 10:40 AM \$15 / Member <i>Leah</i>			
	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS RED 4:00 - 5:30PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>			

PILATES GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member <i>Leah</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member <i>Paris</i>	
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	ATHLETIC PILATES 12:00 - 12:50 PM \$30 / Member <i>Leah</i>		CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>		
		M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Leah</i>				