

Carmel Fitness Facility Fitness Class Calendar – November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Join us in Worship 8:00, 9:30 or 11:00	3 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Total Strength- Maria 11:15 Beg/Intermediate Cardio Interval-Andrea	4	5 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	6	7 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Tabata-Andrea 11:15 Beg/Intermediate Cardio Interval-TBA	8
9 Join us in Worship 8:00, 9:30 or 11:00	10 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Total Strength - Maria 11:15 Beg/Intermediate Cardio Interval-Andrea	11	12 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt-Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	13	14 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Tabata-Andrea 11:15 Beg/Intermediate Cardio Interval-Jenny	15
16 Join us in Worship 8:00, 9:30 or 11:00	17 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Total Strength - Maria 11:15 Beg/Intermediate Cardio Interval-Andrea	18	19 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	20	21 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Tabata-Andrea 11:15 Beg/Intermediate Cardio Interval-Jenny	22
23 Join us in Worship 8:00, 9:30 or 11:00	24 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Total Strength - Maria 11:15 Beg/Intermediate Cardio Interval-Andrea	25	26 8:15 Core/Sculpt-Jenny 9:15 Cardio Dance/Sculpt- Jenny 10:15 Total Strength- Maria 11:15 Beg/Intermediate Cardio Sculpt-Maria	27 No Class! Happy Thanksgiving	28 No class	29