

arbor fit club

November

All GroupX classes are FREE with your AFC membership or \$15 drop-in fee!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	30 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	31 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Beth B. 6:35p Bodypump Brandi 7:40p Yoga Eliza	1 7:00 Cycle Beat Sharon 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	2 6:30a Body Pump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	3 6:00a Boot Camp Lark 9:00a Cycle Michael A.	4 8:00a Bodypump Mara 10:10a Bodypump Cindy
5 10:00a Cycle Beth B. 11:30a DanceFit Victoria 4:00p Bodypump Mara	6 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	7 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	8 7:00a Cycle Beat Sharon 9:00a Bodypump Cindy 5:30p Bodypump Beth 6:30p DanceFit Kelly	9 6:30a Body Pump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	10 6:00a Boot Camp Lark 9:00a Cycle Michael A. 10:10a Bodypump Laqueeta	11 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy
12 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	13 6:00a Boot Camp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	14 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	15 7:00a Cycle Beat Sharon 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	16 6:30a Body Pump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	17 6:00a Boot Camp Lark 9:00a Cycle Michael A. 10:10a Bodypump Laqueeta	18 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy
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