



FILL THE TRAILER

Help Support Feeding Medina County
 Bring in a Non-Perishable Food Item in
 Exchange for Admission to the Featured Class of the Day!



NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Zumba @9:30a	2 Pilates @10:40a	3 Vinyasa Yoga @4p	4 HITT @9:30a	5 Deep Water Running @9:15a
6	7 WomenOnWeights @5:30p	8 Yoga @6:30a	9 Total Interval Training @9:30a	10 Cycling @6a	11 Zumba @10:30a	12 Cardio Circuit @10:15a Deep Water Running @9:15a
13	14 Yoga Basics @7p	15 Cycling @5:30p	16 Yoga Flow @7p	17 Cycling @6a	18 Kickboxing @5:15p	19 Cycling @8:30a Deep Water Running @9:15a
20 Tai Chi @10:15a	21 Cycling @5:45p	22 Vinyasa Yoga @4p	23	24 THANKSGIVING - CLOSED	25	26
27	28 HITT @9:30a	29 Cycling @6a AND @8a	30 Cycling @4:45p AND @5:45p			