

NOV Exercise Classes 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
		1 Pilates (BOB) 12:00 Zumba (BOB) 5:30 Boot Camp (Admin) 5:30	2 Strength & Toning (BOB) 5:30 Functional Fitness (BOB) 12:00 Virtual Yoga (BOB) 12:00 Strength & Toning (Admin) 12:30 Zumba (Admin) 5:30 Zumba (Woodmere) 5:30 Spin (Admin) 12:00	3 Zumba (Admin) 5:30 Yoga (Admin) 12:30 Zumba (Admin) 11:15 Yoga (Terrace) 5:30 From Head to Toe (Twin Lakes) 12:00 Step & Sculpt (Woodmere) 5:30 Insanity Workout (BOB) 5:30 Tai Chi (BOB) 5:30	4 Strength & Toning II (Admin) 12:30 Zumba (BOB) 12:00 Zumba (Admin) 11:15 Spin (Admin) 12:00																																																																																										
6 Daylight Savings	7 Just Pump (Admin) 5:30 Strength & Toning (Admin) 12:30	8 Pilates (BOB) 12:00 Strength & Cardio (Terrace) 12:30 Boot Camp (Admin) 5:30	9 Strength & Toning (BOB) 5:30 Functional Fitness (BOB) 12:00 Virtual Yoga (BOB) 12:00 Zumba (Admin) 5:30 Zumba (Woodmere) 5:30 Spin (Admin) 12:00	10 Zumba (Admin) 5:30 Yoga (Admin) 12:30 Zumba (Admin) 11:15 Yoga (Terrace) 5:30 Insanity Workout (BOB) 5:30 From Head to Toe (Twin Lakes) 12:00 Step & Sculpt (Woodmere) 5:30	11 Veterans Day	12																																																																																									
13	14 Just Pump (Admin) 5:30 Strength & Toning (Admin) 12:30 Zumba (Terrace) 5:30 Yoga (Woodmere) 5:30	15 Pilates (BOB) 12:00 Strength & Cardio (Terrace) 12:30 Zumba (BOB) 5:30 Boot Camp (Admin) 5:30	16 Zumba (Admin) 5:30 Functional Fitness (BOB) 12:00 Strength & Toning (BOB) 5:30 Strength & Toning (Admin) 11:15 Zumba (Woodmere) 5:30 Spin (Admin) 12:00	17 Zumba (Admin) 5:30 Yoga (Admin) 12:30 Yoga (Terrace) 5:30 Zumba (Admin) 11:15 Insanity Workout (BOB) 5:30 From Head to Toe (Twin Lakes) 12:00 Step & Sculpt (Woodmere) 5:30 Tai Chi (BOB) 5:30	18 Strength & Toning II (Admin) 12:30 Zumba (BOB) 12:00 Zumba (Admin) 11:15 Spin (Admin) 12:00	19																																																																																									
20	21	22	23	24 Thanksgiving	25 Strength & Toning II (Admin) 12:30 Zumba (BOB) 12:00 Zumba (Admin) 11:15 Spin (Admin) 12:00	26																																																																																									
27	28 Just Pump (Admin) 5:30 Strength & Toning (Admin) 12:30 Zumba (Terrace) 5:30 Yoga (Woodmere) 5:30	29 Pilates (BOB) 12:00 Strength & Cardio (Terrace) 12:30 Zumba (BOB) 5:30 Boot Camp (Admin) 5:30	30 Zumba (Admin) 5:30 Functional Fitness (BOB) 12:00 Strength & Toning (BOB) 5:30 Strength & Toning (Admin) 11:15 Zumba (Woodmere) 5:30 Spin (Admin) 12:00																																																																																												
		October 2011 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						December 2011 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Notes: www.vertex42.com
S	M	T	W	Th	F	Sa																																																																																									
						1																																																																																									
2	3	4	5	6	7	8																																																																																									
9	10	11	12	13	14	15																																																																																									
16	17	18	19	20	21	22																																																																																									
23	24	25	26	27	28	29																																																																																									
30	31																																																																																														
S	M	T	W	Th	F	Sa																																																																																									
				1	2	3																																																																																									
4	5	6	7	8	9	10																																																																																									
11	12	13	14	15	16	17																																																																																									
18	19	20	21	22	23	24																																																																																									
25	26	27	28	29	30	31																																																																																									

DEC Exercise Classes 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
				1 Zumba (Admin) 5:30 Yoga (Admin) 12:30 Zumba (Admin) 11:15 Yoga (Terrace) 5:30 From Head to Toe (Twin Lakes) 12:00 Step & Sculpt (Woodmere) 5:30 Insanity Workout (BOB) 5:30 Tai Chi (BOB) 5:30	2 Strength & Toning II (Admin) 12:30 Zumba (BOB) 12:00 Zumba (Admin) 11:15 Spin (Admin) 12:00	3																																																																																				
4	5 Just Pump (Admin) 5:30 Strength & Toning (Admin) 12:30 Zumba (Terrace) 5:30 Yoga (Woodmere) 5:30	6 Pilates (BOB) 12:00 Strength & Cardio (Terrace) 12:30 Zumba (BOB) 5:30 Boot Camp (Admin) 5:30	7 Strength & Toning (BOB) 5:30 Spin (Admin) 12:00 Zumba (Woodmere) 5:30 Strength & Toning (Admin) 11:15	8 Zumba (Admin) 5:30 Yoga (Admin) 12:30 Yoga (Terrace) 5:30 Step & Sculpt (Woodmere) 5:30 Zumba (Admin) 11:15 Tai Chi (BOB) 5:30	9 Strength & Toning II (Admin) 12:30 Zumba (BOB) 12:00 Zumba (Admin) 11:15	10																																																																																				
11	12 Just Pump (Admin) 5:30 Strength & Toning (Admin) 12:30 Zumba (Terrace) 5:30 Yoga (Woodmere) 5:30	13 Zumba (BOB) 5:30 Boot Camp (Admin) 5:30 Strength & Cardio (Terrace) 12:30	14 Zumba (Admin) 5:30 Functional Fitness (BOB) 12:00 Strength & Toning (BOB) 5:30 Strength & Toning (Admin) 11:15 Zumba (Woodmere) 5:30 Spin (Admin) 12:00	15 Zumba (Admin) 5:30 Yoga (Admin) 12:30 Yoga (Terrace) 5:30 From Head to Toe (Twin Lakes) 12:00 Zumba (Admin) 11:15 Step & Sculpt (Woodmere) 5:30 Tai Chi (BOB) 5:30	16 Strength & Toning II (Admin) 12:30 Zumba (BOB) 12:00 Zumba (Admin) 11:15 Spin (Admin) 12:00	17																																																																																				
18	19	20	21	22	23	24 Christmas Eve																																																																																				
25 Christmas Day	26	27	28	29	30 Zumba (Admin) 11:15	31 New Year's Eve																																																																																				
		November 2011 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				January 2012 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> <tr> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					Notes: www.vertex42.com
S	M	T	W	Th	F	Sa																																																																																				
		1	2	3	4	5																																																																																				
6	7	8	9	10	11	12																																																																																				
13	14	15	16	17	18	19																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28	29	30																																																																																							
S	M	T	W	Th	F	Sa																																																																																				
1	2	3	4	5	6	7																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19	20	21																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30	31																																																																																								