



# November Weekly Activities



2701 S. Blackman Road Springfield, MO 65809

Ph. 417.891.1500

TIMES	Mon	Tue	Wed	Thu	Fri	Sat
<b>5 - 8:30 a.m.</b>	5am—Buti Yoga w/Julia (A) 5:15am-Action w/Melissa (G) 8:30am – Low Impact Aerobics w/Nancy 8:30am - Silver Sneakers Cardio Circuit w/Liz (G)	5:30am - Muscle Pump w/ Nichole (A) 6am - Body Blast w/Nichole (A) 8am - Bike & Build w/Nichole (A)	5am—Buti Yoga w/Julia (A) 5:15am-Action w/Melissa (G) 8:30am - Silver Sneakers Cardio Circuit w/Christy (G)	5:30am - Muscle Pump w/ Nichole (A) 6am - Body Blast w/Nichole (A) 8am - Bike & Build w/Nichole (A)	5am—Buti Yoga w/Julia (A) 5:15am-Action w/Melissa (G) 8:30am– 30/30 Cardio Core w/ Ally (A) 8:30am - Silver Sneakers Cardio Circuit w/Nancy (G)	9am– Suspension Pro Fitness w/Pam(G)
<b>9 - 11 a.m.</b>	9:30am - Body Blast w/Kim (G) 9:45am - Pilates w/Pam (A)	9am - Silver Sneakers Classic w/Christy 9:15am - Muscle Fusion w/Ally (A) \$ 10am- 12 PICKLEBALL (G) 10:15am - Bike & Build w/ Nichole (A)	9:30am - Body Blast w/Kim (G) 9:45am - Senior Strength Training w/Pam (A) 10:45am - Low Impact Aerobics w/Nancy (A)	9am - Silver Sneakers Classic w/Christy 9:15am - Muscle Fusion w/Ally (A) \$ 10am- 12 PICKLEBALL (G) 10:15am - Bike & Build w/ Nichole (A)	9:30am - Body Blast w/Kim (G) 9:45am - Pilates w/Beth (A)	9am- Family Spin w/ Holly(A) (Starting DEC) 9am– Suspension Pro Fitness w/Pam(G) 10am– Body Blast w/ Kim (G) 10am -Tai Chi w/Chuck (A) \$
<b>11 - 3 p.m.</b>	12pm- Bike & Build w/Cathy (A) 1:00pm - Silver Sneakers CardioCircuit w/Christy (G)	11:15a.m.-Mixed Level Yoga w/Beth (A) 12:15pm– Lean & Mean w/ Kim (A)	12pm– Cardio Core w/Kim (A) 1:00pm - Silver Sneakers CardioCircuit w/Liz (G)	11:15a.m.– Mixed Level Yoga w/Beth (A) 12:15pm– Lean & Mean w/ Kim (A) 1pm - Silver Sneakers CardioCircuit w/Liz (G)	12pm–Bike & Build w/Kim (A) 1pm - Silver Sneakers CardioCircuit w/Christy(G)	11am - Volleyball (G)
<b>3:30 - 5 p.m.</b>	3-5pm—Pickleball (G) 4:30pm– Cardio Core w/Ally (A)		3-5pm—Pickleball (G) 4:15pm– Bike & Tone w/Cathy (A)	4:30pm– Bike, Tone, & Stretch w/Cathy (A)	3-5pm—Pickleball (G)	
<b>5:30 - Close</b>	5:30pm– Muscle Pump w/ Holly (A) 6:15pm– Buti Yoga w/Rachel (A)	5:30pm– Power Yoga w/Lexus (A)	5:30pm– Muscle Pump w/Holly (A) 6pm - Full Court Volleyball (G)	5:30pm– Muscle Pump w/Holly 6:10pm - YOGA w/Barbara (A) \$ 6-10pm —Volleyball League	7 - 9 pm - PICKLEBALL (G)	