NOVEMBER
WESTSIDE FAMILY YMCA
GROUP EXERCISE

Hours of Operation
Mon-Thurs:5:30am-9:00pm
Friday: 5:30am-7:30pm
Saturday: 7:30am-5pm
Sunday: 1pm-5pm

GROUP EX STUDIO A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:15A	3 SS CIRCUIT KATHLEEN 10:00A PILATES LILA 6:30P	4 SS CLASSIC LAURA 10:00A	5 SS CIRCUIT DENISE 10:15A CIRCUIT /HIIT LILA 6:30P	6 CORE JAMAR 10:00A CIRCUIT LILA 11:15A	7 CIRCUIT KELLY 9:00A FAMILY MOVE TIME KELLY 10:15A
8	9 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:15A	10 SS CIRCUIT KATHLEEN 10:00A PILATES LILA 6:30P	11 SS CLASSIC LAURA 10:00A	12 SS CIRCUIT DENISE 10:15A CIRCUIT /HIIT LILA 6:30P	13 CORE JAMAR 10:00A CIRCUIT LILA 11:15A	14 CIRCUIT KELLY 9:00A FAMILY MOVE TIME KELLY 10:15A
15	16 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:15A	17 SS CIRCUIT KATHLEEN 10:00A PILATES LILA 6:30P	18 SS CLASSIC LAURA 10:00A	19 SS CIRCUIT DENISE 10:15A CIRCUIT /HIIT LILA 6:30P	20 CORE JAMAR 10:00A CIRCUIT LILA 11:15A	21 CIRCUIT KELLY 9:00A FAMILY MOVE TIME KELLY 10:15A
22	23 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:15A	24 SS CIRCUIT KATHLEEN 10:00A CORE LILA 6:30P	25 SS CLASSIC LAURA 10:00A	26 HAPPY THANKSGIVING! ALL BRANCHES CLOSED.	27 CORE JAMAR 10:00A	28 CIRCUIT KELLY 9:00A FAMILY MOVE TIME KELLY 10:15A
29	30 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:15A	**PARENTS NIGHT OUT!** 5:30 P.M. - 8:30 P.M. EVERY SECOND FRIDAY OF MONTH FREE CHILD CARE FOR MEMBERS!				

NO PLACE Like This Place



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GROUP EX STUDIO B

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 TAI CHI JADEN 9:30A YOGA SCULPT LILA 6:30P	3 PILATES DENISE 9:00A CYCLE JAMAR 10:15A	4 TAI CHI JADEN 9:30A CYCLE 6:30P LILA	5 YOGA DENISE 9:00A CYCLE JAMAR 10:15A	6 NO CLASSES	7 NO CLASSES
8	9 TAI CHI JADEN 9:30A YOGA SCULPT LILA 6:30P	10 PILATES DENISE 9:00A CYCLE JAMAR 10:15A	11 TAI CHI DENISE 9:30A CYCLE 6:30P LILA	12 YOGA DENISE 9:00A CYCLE JAMAR 10:15A	13 NO CLASSES	14 NO CLASSES
15	16 TAI CHI DENISE 9:30A YOGA SCULPT LILA 6:30P	17 PILATES DENISE 9:00A CYCLE JAMAR 10:15A	18 TAI CHI DENISE 9:30A CYCLE LILA 6:30P	19 YOGA DENISE 9:00A CYCLE JAMAR 10:15A	20 NO CLASSES	21 NO CLASSES
22	23 TAI CHI JADEN 9:30A YOGA SCULPT LILA 6:30P	24 PILATES DENISE 9:00A CYCLE JAMAR 10:15A	25 TAI CHI JADEN 9:30A	26 HAPPY THANKSGIVING! ALL BRANCHES CLOSED.	27 NO CLASSES	28 NO CLASSES
29	30 TAI CHI JADEN 9:30A YOGA SCULPT LILA 6:30P					

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