



## NOVEMBER 2021 Group Fitness Schedule



Bethany: Spin/Cardio-Kickboxing/Zumba/Total Body Sculpt/Yoga

| Sunday | Monday                           | Tuesday                                 | Wednesday                   | Thursday  | Friday | Saturday                               |
|--------|----------------------------------|---|-----------------------------|---|--------|--|
|        | 1<br>SPIN @ 1800<br>(MFC)        | 2<br>Cardio-Kickboxing<br>@ 1800 (MFC)  | 3<br>Zumba @ 1800<br>(MFC)  | 4<br>NO TOTAL BODY<br>SCULPT<br><br>Yoga @ 1800<br>(MFC)            | 5      | 6                                      |
| 7      | NO CLASSES<br>ALL WEEK<br>-----> | 9                                       | 10                          | 11  | 12     | 13                                     |
| 14     | 15<br>SPIN @ 1800<br>(MFC)       | 16<br>Cardio-Kickboxing<br>@ 1800 (MFC) | 17<br>Zumba @ 1800<br>(MFC) | 18<br>Total Body Sculpt<br>@ 0930 (MFC)<br><br>Yoga @ 1800<br>(MFC) | 19     | 20<br>HIIT Class<br>1000-1045<br>(MFC) |
| 21     | NO CLASSES                       | 23                                      | 24                          | 25  | 26     | 27                                     |
| 28     | 29                               | 30                                      |                             |   |        |  |

**COVID-19 MITIGATION:**

- Social distancing of 6ft must be maintained at all times
- Masks must be worn when entering the facility or premises (may be removed during exercise).
- Non-vaccinated persons must wear a mask except during work-out.
- Participants should bring their own mats, towel, & water bottle.
- Roster data will be collected for tracking/contractor payment purposes.