










November 2021 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15 am Boot Camp Vickie	2 9:30 am Zumba®- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	3 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:00 pm Cycling- Ilene	4 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba®- Joy	5 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	6 8:00 am - Cycling Vickie * 45-minute class
7 8:15 am Cycling – Liza 	8 9:15 am Boot Camp Vickie	9 9:30 am Zumba®- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba®- Joy	10 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:00 pm Cycling- Cara	11 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba®- Kristen	12 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	13 8:00 am Step- Vickie 
14 8:15 am Cycling – Liza	15 9:15 am Boot Camp Vickie	16 9:30 am Zumba®- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	17 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:00 pm Cycling- Ilene	18 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba®- Joy	19 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	20 8:00 am Step- Vickie
21 8:15 am Cycling- Liza	22 9:15 am Boot Camp Vickie	23 9:30 am Zumba®- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	24 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:00 pm Cycling- Ilene	25 8:00 am Step- Vickie 8:00 am Cycling – Liza 	26 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing Canceled Liza 	27 8:00 am Step- Vickie
28 8:15 am Cycling – Liza	29 9:15 am Boot Camp Vickie	30 9:30 am Zumba®- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen		www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road		Non-member drop-in rate is only \$5! And, your very first class is FREE!