



November 2023 Group Exercise Schedule



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