



Fitness Classes for November

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pilates Training Room 5:15 pm	2 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	3	4 Gym is open 8a – 5 p	5 Gym Closed for Cleaning
6 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	7	8 Pilates Training Room 5:15 pm	9 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	10	11 Gym is open 8a – 5 p	12 Gym Closed for Cleaning
13 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	14	15 Pilates Training Room 5:15 pm	16 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	17	18 Gym is open 8a – 5 p	19 Gym Closed for Cleaning
20 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	21	22 Pilates Training Room 5:15 pm	23 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	24	25 Gym is open 8a – 5 p	26 Gym Closed for Cleaning
27 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room	28	29 Pilates Training Room 5:15 pm	30 CIRCUIT Class Fitness Gym 5:15 – 6:15 pm Yoga Training Room 5:15 pm	Dec 1	Dec 2	Dec 3

COACHES & UPDATES

GYM IS RESERVED FOR CIRCUIT (STRENGTH & CONDITIONING) CLASS EVERY MONDAY AND THURSDAY FROM 5:15 PM – 6:15 PM OCT 1 – Dec 31st.

If spots open in this class, we will alert Fitness Gym members first!

Gym Guyz –

Varied small group cardio, strength, yoga, pilates classes using mobile equipment in the Conifer Training Room. **Boot camps, challenges & event prep need paid registration.** Email eastside@gymguyz.com