

Front Desk: (614) 545-7999

Hours of Operation:  
 Monday-Friday / 7am-7pm

**NOVEMBER 2014**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**NOTES:**

The Back School ~  
 November 4<sup>th</sup> and  
 December 2<sup>nd</sup> @ 5:30pm

401 Fitness ~  
 November 6<sup>th</sup> and  
 December 4<sup>th</sup> @ 5:30pm

Please make sure to sign up for  
 any classes that you are  
 interested in attending as classes  
 with less than 6 participants will  
 be cancelled for that day.

As a courtesy, if you are not able  
 to make a class you are  
 scheduled for please call the  
 front desk to let us know.

**GET FIT!**  
**HAVE FUN!**  
**MAKE FRIENDS!**



OUR INSTRUCTORS	
Patty Geiger Andy Moyer	Judy Ballenger Barb Murdock

  

2	3	4	5	6	7	8
	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga 2:15pm- Circuit	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga	9:45am- Circuit 11:30am- Classic	
9	10	11	12	13	14	15
	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga 2:15pm- Circuit	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga	9:45am- Circuit 11:30am- Classic	
16	17	18	19	20	21	22
	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga 2:15pm- Circuit	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga	9:45am- Circuit 11:30am- Classic	
23	24	25	26	27	28	29
	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga 2:15pm- Circuit	1:45pm- Classic <u>No Zumba Gold</u>	<b>CLOSED</b> For <b>THANKSGIVING</b>		
30	DECEMBER 1	DECEMBER 2	DECEMBER 3	DECEMBER 4	DECEMBER 5	DECEMBER 6
	1:45pm- Classic <u>No Zumba Gold</u>	9:45am- Classic 12:45pm- Yoga 2:15pm- Circuit	1:45pm- Classic 3:45pm - Zumba Gold*	9:45am- Classic 12:45pm- Yoga	9:45am- Circuit <u>No Classic</u> CLOSED at Noon	

\*Zumba Gold is NOT a SilverSneakers offering but is another FREE class designed for our active older adult members.