

# Sally Borden Fitness & Recreation

## CLASS SCHEDULE

November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WOW Workout of the Week</b> 12:10 – 1:00 pm	<b>Early Bird Spin</b> STARTING NOV 7 6:45 – 7:45 am	<b>Noon Spin</b> STARTING NOV 8 12:10 – 1:00 pm	<b>Early Bird Spin</b> STARTING NOV 9 6:45 – 7:45 am	<b>Flow Yoga</b> 12:00 – 1:00 pm		<b>Yin Yoga</b> 4:30 – 5:30 pm
<b>Spin 60</b> 5:15 – 6:15 pm *OCT 2 – NOV 27	<b>Flow Yoga</b> 12:00 – 1:00 pm	<b>WOW Workout of the Week</b> 12:10 – 1:00 pm	<b>Flow Yoga</b> 12:00 – 1:00 pm			
<b>Flow Yoga</b> 6:30 – 7:30 pm	<b>Yin Yoga</b> 7:30 – 8:30 pm	<b>Spin 60</b> 5:30 – 6:30 pm *SEPT 27 – NOV 15	<b>Boxing FITNESS</b> 5:00 – 6:00 pm			
		<b>Yin &amp; Yang Yoga</b> 6:30 – 7:30 pm	<b>Zumba</b> 6:15 – 7:15 pm			
			<b>Spin 90</b> 6:15 – 7:45 pm *OCT 12 – NOV 30			

### Drop-In

Performance Plus Member  
+ Day Guest Classes

### Pre-Registration

Drop-ins welcome given available space. Classes are subject to change.

Please note schedule change to morning and noon drop in spin classes effective November 7.