

## Upper Merion Group Exercise Schedule - NOVEMBER and DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Bootcamp Kim 6:00am 60 minutes	Rise & Yoga Kayla 7:00am 45 minutes	Spinning Tom 6:00am 60 minutes	Bootcamp Kim 6:00am 60 minutes	Sunshine Yoga Ashley 8:00am 60 minutes
	Pure Strength Fitness Staff 9:30am 30 minutes	Cardio Blast Fitness Staff 9:30am 30 minutes	Pure Strength Fitness Staff 9:30am 30 minutes	HIIT Kim 6:30am 45 minutes	Core Zone Fitness Staff 9:30am 30 minutes	HIIT Kim 9:00am 60 minutes
Balance Fusion Fitness Staff 11:30am 30 minutes	Total Body Kim 12:00pm 30 minutes	Total Body Karen 12:00pm 60 minutes		Gentle Yoga Fitness Staff 9:30am 30 minutes		Spinning Julie 9:30am 60 minutes
	Core Zone Kim 12:30pm 30 minutes	Spinning Brenda 12:00pm 60 minutes	Yin Yoga Ashley 12:00pm 45 minutes	Spinning Gerri 12:00pm 60 minutes	Vinyasa Yoga Iris 12:00pm 45 minutes	Total Body Fitness Staff 11:30am 30 minutes
Pure Strength Fitness Staff 1:00pm 30 minutes	EXpress Series: Cardio 5:00pm 20 minutes	EXpress Series: Strength 5:00pm 20 minutes	EXpress Series: Core 5:00pm 20 minutes	EXpress Series: Cardio 5:00pm 20 minutes	EXpress Series: Total Body 5:00pm 20 minutes	Cardio Blast Fitness Staff 12:00pm 30 minutes
	Vinyasa Yoga Kate 5:00pm 60 minutes	Balance Fusion Fitness Staff 5:30pm 30 minutes	Pure Strength Fitness Staff 5:00pm 30 minutes	Vinyasa Yoga Iris 5:00pm 60 minutes		Bootcamp Fitness Staff 1:00pm 30 minutes
		Spinning Melissa 6:15pm 60 minutes	Total Body Fitness Staff 5:30pm 30 minutes			
	Dance+Define Andrea 6:30pm 60 minutes	Insanity Olivia 7:00pm 60 minutes	Body Shop Sally 6:30pm 60 minutes		Dance Party (10+) Laura 6:30pm 60 minutes	