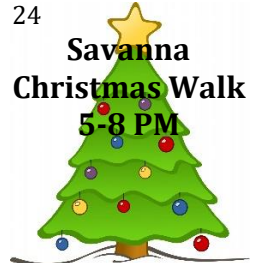


The Answer Fitness Classes

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga Flow 8 – 9 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid’s Dance Classes 4 PM- Pre-K 5 PM-K-2	2 9 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM	3	4
5	6 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	7 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	8 Yoga Flow 8 – 9 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid’s Dance Classes 4 PM- Pre-K 5 PM-K-2	9 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM	10	11 Veteran’s Day 
12	13 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	14 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	15 Yoga Flow 8 – 9 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid’s Dance Classes 4 PM- Pre-K 5 PM-K-2	16 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM	17	18
19	20 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	21 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	22 Yoga Flow 8 – 9 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM <u>No Kid’s Dance Classes Today</u>	23 Thanksgiving Day  No Classes today. The Answer is Closed. Keyless entry available	24  Savanna Christmas Walk 5-8 PM	25
26	27 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	28 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	29 Yoga Flow 8 – 9 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid’s Dance Classes 4 PM- Pre-K 5 PM-K-2	30 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM		

