

Wet N' Sweat Pass:

\$4 per class
 \$50 per 20 class punch pass
 \$30 per unlimited monthly pass, unless stated

November Aquacise & Group Exercise

Schedules are subject to change
 Warrensburg Community Center
 747-7178

You can use your wet n' sweat pass to take
 land and water exercise classes at the WCC.
 See other side for Aquacise schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NEW ZUMBA INSTRUCTORS</p> <p>Please welcome Heather and Natalie, our two new Zumba instructors!!</p>	<p>1</p> <p>9:00 am – Aquacise – Teena 5:15 pm – Spinning – Sherri 5:30 pm – Aquacise – Teena 6:30 pm – Yoga Flow – Kari 7:30 pm – Zumba - Heather</p>	<p>2</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>3</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Gentle Yoga – Kari 5:30 pm – Aquacise – Teena 6:30 pm – Spinning - Sherri 7:30 pm – Zumba – Heather</p>	<p>4</p> <p>9:00 am – Aquacise – Teena 9:00 am – Spinning - Carly</p>	<p>5</p> <p>9:00 am – Yoga Flow – Kari</p>
<p>7</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>8</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Aquacise – Teena 6:30 pm – Yoga Flow – Kari 7:30 pm – Zumba - Heather</p>	<p>9</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>10</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Gentle Yoga – Kari 5:30 pm – Aquacise – Teena 6:30 pm – Spinning - Sherri 7:30 pm – Zumba – Heather</p>	<p>11</p> <p>9:00 am – Aquacise – Teena 9:00 am – Spinning - Carly</p>	<p>12</p> <p>9:00 am – Yoga Flow – Kari</p>
<p>14</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>15</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Aquacise – Teena 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow – Kari 7:30 pm – Zumba – Heather</p>	<p>16</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>17</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Aquacise – Teena 6:30 pm – Spinning - Sherri 7:30 pm – Zumba – Heather</p>	<p>18</p> <p>9:00 am – Aquacise – Teena 9:00 am – Spinning - Carly</p>	<p>19</p>
<p>21</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>22</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Aquacise – Teena 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow – Kari 7:30 pm – Zumba - Heather</p>	<p>23</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 12:10 pm – Tone-n-Tighten – Sherri</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>9:00 am – Spinning - Carly</p>	<p>26</p>
<p>28</p> <p>9:00 am – Aquacise – Teena 9:00 am – Zumba – Natalie 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth</p>	<p>29</p> <p>9:00 am – Aquacise – Teena 5:30 pm – Aquacise – Teena 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow – Kari 7:30 pm – Zumba - Heather</p>	<p>30</p> <p>9:00 am – Aquacise – Teena 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth</p>			