

Wishing you all  
a very Happy  
Thanksgiving  
Day!



Nov Group  
Fitness  
Schedule  
2020

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sat (continued)
9:00am/ 9:30am	<b>9:00am</b>  w/ Susan <hr/> <b>9:30am/New Class!</b>  w/ Brandy	<b>9:00am</b>  w/ Shakina 	<b>New Time!</b> <b>9:30am</b>  w/ Shannon 	<b>9:00am</b>  w/ Kristen 	<b>Child Care &amp; Kid Zone</b> Mon & Wed: 8:30am – 12pm; 5:00pm – 8:30pm Sat: 8:30am – 12:00pm	<b>11/7:</b> <b>9:00am:</b> BodyPump w/Liz <b>10:00am:</b> BodyCombat w/ Laurie <b>10:00am:</b> Spin w/ Katie  <b>11/14:</b> <b>9:00am:</b> BodyPump w/ Tressa <b>10:00am:</b> Zumba w/ Tressa <b>10:00am:</b> Barre w/ Kayla	<b>11/21:</b> <b>9:00am:</b> BodyPump w/ Judy <b>10:00am:</b> Spin w/ Judy  <b>11/28:</b> <b>10:00am:</b> Xtreme Hip Hop w/ Shaquana  <b>Child Care &amp; Kid Zone</b> Mon & Wed: 8:30am – 12pm; 5:00pm – 8:30pm Sat: 8:30am – 12:00pm
11:30am Silver Sneakers Classes	 <b>Classic</b> w/ Carla	 <b>Circuit</b> w/ Carla	 Instagram officialclub fitnesscharlotte	 <b>Classic</b> w/ Carla	 Club Fitness Charlotte		
6:00pm	 w/ Shakina 	 w/ Shaquana	 w/ Judy	 w/ Will	<b>#BringAFriendFor Free</b>		
6:00pm	 w/ Judy	<b>New Class!</b>  w/ Kayla	 Instagram officialclub fitnesscharlotte		<b>Attention Fitness Family</b> Due to restrictions, class size for all fitness rooms will be limited to the following: <b>Group Fitness: 15 members</b> <b>Spin: 12 members</b> <b>Barre: 6 members</b>  <i>Be sure to reserve your space by calling the gym OR using our APP (Club Life).</i>		
7:00pm	<b>New Class!</b>  w/ Maxie		<b>New Class!</b>  w/ Sammi	<b>New Class!</b>  w/ Shaquana			

Please help us to ensure everyone's health and safety by wiping down equipment after using as well as washing hands frequently throughout your time at the gym.  
 You are welcome to wear your mask during class but we don't require it. We only require mask wearing when not directly engaged in any exercise class (ie-entering/leaving any group fitness rooms).  
 We are encouraging you also to bring your own mat to class.

**New Class(es) Alert!**  
 Be sure to check out the addition of Barre classes as well as CardioDance and another Xtreme Hip Hop class on this November schedule!  
**YASSSSSSSSS!!!!**

Wishing you and your family a very Happy Thanksgiving Day celebration! Thank you for being a part of our lives over the past 10 years.  
**Holiday Schedule**  
 Wed., Nov 25<sup>th</sup>: Only morning classes  
 Thurs., Nov 26<sup>th</sup>: No classes  
 Fri., Nov 27<sup>th</sup>: BodyPump at 9:30am w/ Shannon

