


November 2024 — We're thankful to have you as a member!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|--|---|---|---|---|---|------------------------------------|---|
| VINYASA—A 8:00 am Laura CORE & MORE—A 9:15 am Marlene GENTLE YOGA—A 10:30 am Pat | LOW IMPACT STRENGTH—A 8:00 am Donna STRENGTH & MORE—A 9:15 am Marlene BALANCE & FLEX—R 10:00 am Diane LaBLAST ZUMBA —A 11:15 am Mari Ann | SLOW FLOW—A 8:00 am Laura AQUA FUSION—G 9:00 am Char CYCLE—C 9:15 am Marlene LOW IMPACT STRENGTH—A 9:15 am Dariss TAI CHI FUSION—A 10:15 am Melissa | CORE & MORE—A 9:15 am Marlene BALANCE & FLEX—R 10:00 am Diane AQUA AEROBICS—G 10:00 am Janis GENTLE YOGA—A 11:30 am Mari Ann | YOGA—A 8:30 am Mari Ann AQUA AEROBICS—G 9:00 am Janis CORE & MORE—A 9:30 am Bridget | YOGA—A 8:30 am Mari Ann CYCLE—C 8:30 am Multiple LaBLAST ZUMBA—A 9:30 am Mari Ann | BARRE—A 9:00 am Kristine | |
| AQUA AEROBICS—G 5:30 pm Shelley CYCLE—C 5:30 pm Emily PILATES—A 6:30 pm Nancy | AQUA AEROBICS—G 4:00 pm Janis STRENGTH & MORE—A 5:45 pm Bridget | AQUA AEROBICS—S 5:30 pm Shelly CORE & MORE—A 5:30 pm Mollie | AQUA AEROBICS—G 4:00 pm Janis SLOW FLOW—A 6:00 pm Kelly |  | | | <p>BE THANKFUL AND STAY HEALTHY.</p> <p>TRY A NEW CLASS THIS MONTH!</p> |

CHILD CARE HOURS: Monday through Friday, 8am-1pm and 4pm-8pm; Saturday, 8am-1pm.

Classes are 55 minutes unless noted. **Classes are suspended on these holidays:** New Year's Day, Easter, Mother's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas Day.

All circled classes are NEW for the month or have time, name and/or instructor change!

Schedule time for our Fitness Classes or work with a Personal Trainer. YOU CAN DO IT!

Contact Marlene for more info — fitness@deerlakeathleticclub.com

A- Aerobics Room, C- Cycle Room, G- Glass House Pool, R- Racquetball Courts, S- Small Pool, T- Tennis Courts