

# November Fitness Schedule

Monday 12 PM-7 PM	Tuesday 6 AM-7 PM	Wednesday 12 PM-7 PM	Thursday 12 PM-7 PM	Friday 6 AM-6 PM	Saturday 8 AM-12 PM
	Tabata <b>6:15-6:45</b>			Tabata <b>6:15-6:45</b>	
	Zumba GOLD <b>10:00-10:45</b> <i>Yoko</i>			Zumba GOLD <b>10:00-10:45</b> <i>Yoko</i>	
				Cardio Drums <b>11:00-11:20</b>	ZUMBA <b>9:00-10:00</b> <i>Yoko</i>
Opens at 12:00 pm	Cardio Drums <b>11:30-11:50</b>	Opens at 12:00 pm	Opens at 12:00 pm	Easy Tai Chi <b>11:30-11:50</b>	
Easy Tai Chi <b>12:30-12:50</b>	Chair Aerobics <b>12:30-1:00</b>	Chair Express <b>12:30-1:00</b>	Chair Aerobics <b>12:30-1:00</b>		
	Seated Yoga <b>2:00-2:30</b>		Seated Yoga <b>2:00-2:30</b>		
Body Pump <b>4:00-4:45</b>	Fit to the Core <b>4:00-4:30</b>	Brick Bodies <b>4:00-4:45</b>	Tabata <b>4:00-4:30</b>		
Line Dancing <b>5:30-6:30</b> <i>Yoko</i>	ZUMBA/ZUMBA Toning <b>5:30-6:30</b> <i>Yoko/Dianne</i>	ZUMBA <b>5:30-6:30</b> <i>Theresa</i>			

Minges Wellness Center membership sign-up times are by appointment only. Please call the Wellness Center staff at 252-522-7944 to schedule your appointment. Wellness Center Hours: M/W/Th 12 noon – 7p; T 6a-7p; F 6a-6p; Sat. 8a-12 noon; Closed Sundays

For more info visit [unclenoir.org/wellness](http://unclenoir.org/wellness)

*Yoko 12 & 26 | Dianne 5 & 19*