



NOVEMBER FITNESS SCHEDULE

- To book your workout: https://www.supersaas.com/schedule/Kids_America/Kids_America_Workouts
- WWW.KIDSAMERICA.ORG
740-622-6657



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 – 5:45AM	Interval Mash Up		Boxing/Kickboxing		Cycle Circuit	November 6 8:15AM Step 9:15AM Core De Force
6:30–7:15AM		Interval Cycle Circuit		Mash Up OR Cardio/Barre		November 13 8:15AM Step 9:15AM Fusion/Mash Up
7:45 & 8:45AM	Silver Sneakers		Silver Sneakers		Silver Sneakers	November 20 8:15AM Step 9:15AM Bootcamp
3:45 – 4:20PM			Interval Cycle			November 27 8:15AM Step 9:15AM Tabata / 8x8 strength
4:35–5:30PM	Cardio/Strength	Core De Force	Total Body Toning	Cycle Circuit		
4:45 – 5:45PM	MVHC In silver sneakers room		MVHC In silver sneakers room		MVHC In silver sneakers room	
5:45–6:30PM		Cardio/Strength		Muscle Fusion		
6:00 – 7:00PM	Silver Sneakers		Silver Sneakers			
6:45–7:45PM	Step		Yoga			

CANCELLATION POLICY: Please, cancel your workout at least 1 hour prior to start time. No shows are not acceptable. If 0 signed up an hour before class - canceled.

***Schedules change for you AND your fitness instructors! *This schedule is a general guideline.* Please, use the web schedule for the most up-to-date schedule.

CLOSED THANKSGIVING DAY!