

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am-6:30am <b>Pickleball BEGINNERS ONLY</b> B-ball Ct.		5:15am-6:30am <b>Pickleball BEGINNERS ONLY</b> B-ball Ct. NO CLASS 11/28		9am-10am <b>Muscle Burn</b> Angela	8:30am-11am <b>Pickleball</b> B-ball Ct
7:30am-8:30am <b>Piloxing</b> Gail						
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct NO CLASS 11/28 *****	*****	9:30-10:30 <b>Mat &amp; Body Workout</b> Jane NO CLASS 11/23	
9:30am-10:30am <b>ZUMBA</b> Gail	9:30am-10:30am <b>Cycle</b> Gail	9:30am-10:30am <b>Piloxing</b> Gail NO Class 11/6	9:30am-10:30am <b>Step Aerobics</b> April NO CLASS 11/28	10:00-11:00 <b>Upper Body/Core &amp; Heavy Pedal</b> Angela NO Class 11/29		
10:30am-12pm <b>Pickleball</b> B-ball Ct		10:30am-12pm <b>Pickleball</b> B-ball Ct	10:30am-12pm <b>Pickleball</b> B-ball Ct	11:30-1pm <b>Line Dancing</b> Merry No Class 11/29	12pm-1pm <b>Line Dance- Practice</b> Merry NO CLASS 11/23	
6pm-7pm <b>Yoga</b> Kira 11/4: Vinyasa 11/11: Yin 11/18: NO CLASS 11/25: NO CLASS	6pm-7pm <b>Line Dancing - Couples</b> Merry	6pm – 7pm <b>Full Body Work-Out (Strength &amp; Cardio)</b> Shawna	6pm-7pm <b>Yoga</b> Kira 11/7: Yin 11/14: Vinyasa 11/18: NO CLASS 11/21: NO CLASS 11/28: NO CLASS			

**Pickleball:**

- During Non-School Days for Washoe County Schools, Pickleball may be adjusted to accommodate our school age program.
- Pickleball play may be extended past the time on the calendar only if there are no other needs for the use of the court.

**THE FAMILY CENTER IS CLOSED:** Thursday, November 28<sup>th</sup>: Thanksgiving Day **AND** Friday, November 29<sup>th</sup>: Family Day (regular hours starting Sat. 11/30)