

# SNR Express Group Exercise Calendar – November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 6:00 - Zumba w/Jenn and Cayce	<b>2</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	<b>3</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	<b>4</b> 9:00AM - Group workout  10:00AM - Cardio Sculpt w/Lindsey	<b>5</b> 9:00AM - Strong Zumba w/Antonia
<b>6</b>	<b>7</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	<b>8</b> 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 6:00 - Zumba w/Jenn and Cayce	<b>9</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	<b>10</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	<b>11</b> 9:00AM - Group workout  10:00AM - Cardio Sculpt w/Lindsey	<b>12</b> 9:00AM - Strong Zumba w/Antonia
<b>13</b>	<b>14</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	<b>15</b> 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 6:00- Zumba w/Jenn and Cayce	<b>16</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	<b>17</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	<b>18</b> 9:00AM - Group workout  10:00AM - Cardio Sculpt w/Lindsey	<b>19</b> 9:00AM - Strong Zumba w/Antonia
<b>20</b>	<b>21</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba s/Antonia	<b>22</b> 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 6:00 - Zumba w/Jenn and Cayce	<b>23</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	<b>24</b> No classes  Thanksgiving	<b>25</b> 9:00AM - Group workout  10:00AM - Cardio Sculpt w/Lindsey	<b>26</b> 9:00AM - Strong Zumba w/Antonia
<b>27</b>	<b>28</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	<b>29</b> 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 6:00 - Zumba w/Jenn and Cayce	<b>30</b> 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda			