

November 2017



Anytime Fitness Inverness
 345 E Highland Blvd
 Inverness, FL 34452
 352-400-4894

All classes are complimentary for our Inverness Anytime Fitness members.
 Guest Anytime Fitness members may pay \$5 per class to participate.
 Guests may pay \$10 per class to participate.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oct 30 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	Oct 31 Zumba 9:30am (Marilynne) Pump 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	November 1 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne)	2 Tai Chi 8:30am (Sharon) Pump 10:30am (Vickie) Strong HIIT 5:30pm (Christine)	3 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	4	5
6 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	7 Zumba 9:30am (Chandra) Tabata 10:30am (Sharon) Equipment Orientation 11:30am(JK)	8 Silver & Fit 8:30am Cardio Abs 9:30am(Sharon) Toning 10:30am(Sharon)	9 Tai Chi 8:30am (Sharon) Pump 10:30am (Vickie) Strong HIIT 5:30pm (Christine)	10 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	11	12
13 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	14 Zumba 9:30am (Chandra) Tabata 10:30am (Sharon) Equipment Orientation 11:30am(JK)	15 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne)	16 Tai Chi 8:30am (Sharon) Pump 10:30am (Vickie) Strong HIIT 5:30pm (Christine)	17 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	18	19
20 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	21 Zumba 9:30am (Chandra) Tabata 10:30am (Sharon) Equipment Orientation 11:30am(JK)	22 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne)	23 NO GROUP CLASSES HAPPY THANKSGIVING! TRY VIRTUAL CLASS	24 NO GROUP CLASSES TRY VIRTUAL CLASS	25	26
27 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	28 Zumba 9:30am (Chandra) No Tabata today Equipment Orientation 11:30am(JK)	29 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) 11:30am Congratulations to Marilynne!	30 No Tai Chi today Pump 10:30am (Vickie) Strong HIIT 5:30pm (Christine)	December 1 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	Dec 2	Dec 2

CHANGES TO NOTE THIS MONTH:

Sharon's Tai Chi is back on the schedule Monday at 11 am and Thursday at 8:30am. She has also added her Tabata on Tuesday at 10:30am. Vickie now has Pump class on Thursday at 10:30am.