

NOVEMBER AND DECEMBER FITNESS CALENDAR

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Time
Reformer Pilates 5:30-6:20am Janis Rankin	Reformer Pilates 6:30-7:20am Janis Rankin	"Spinning Plus" 6:00-7:00am Sally Greenwood	Spinning 6:00-6:45am Sally Greenwood	Reformer Pilates 5:30-6:20am Janis Rankin		6:30
Reformer Pilates 6:30-7:20am Janis Rankin	Abs and More 6:30-7:15am Sally Greenwood	Exo Chair Pilates 6:45-7:15am Janis Rankin	Reformer Pilates 6:30-7:20am Janis Rankin	Reformer Pilates 6:30-7:20am Janis Rankin		7:00
Spinning 6:00-6:45am Gary Mirabella		Trinity Run/Nordic Walk 9:00-10:00am Sally Greenwood	Abs and More 6:45-7:30am Sally Greenwood	Boot Camp 6:30-7:30am Sally Greenwood	Reformer Pilates 9:30-10:20am & 10:30-11:20am Amy Rainey	7:30
Boot Camp 6:30-7:30am Sally Greenwood	Extreme Body Sculpt 9:30-10:30am Sally Greenwood		Extreme Body Sculpt 9:30-10:30am Sally Greenwood	Pilates Mat 9:00-9:50am Janis Rankin		8:00
Pilates Mat 9:00-9:50 am Janis Rankin	Pilates Mat 10:30-11:20am Janis Rankin	Reformer Pilates 11:00-11:50am Janis Rankin		Reformer Pilates 11:00-11:50am Janis Rankin		8:30
Reformer Pilates 11:00-11:50am Janis Rankin	Reformer Pilates 12:00-12:50pm Janis Rankin	Reformer Pilates 12:00-12:50pm Janis Rankin	Reformer Pilates 11:30am-12:20pm Janis Rankin	Reformer Pilates 12:00-12:50pm Janis Rankin	Yoga 10:30am-12:00pm James Brewer	9:00
Spinning 12:00-12:45pm Gary Mirabella	Spinning 12:00-12:50pm Gary Mirabella	Yoga 12:00-1:00pm James Brewer	Pilates Mat Plus 12:30-1:20pm Janis Rankin	"Super Spinning" 12:00-1:15pm Ally Jobe		9:30
Cardio Blast 12:00-12:50pm Janis Rankin		Spinning 12:00-12:45pm Ally Jobe	Spinning 12:00-12:45pm Ally Jobe	Yoga 12:00-1:00pm James Brewer		10:00
						10:30
						11:00
						11:30
						12:00
						12:30
						1:00
						1:30
						2:00
						2:30
						3:00
						3:30
						4:00
Spinning 5:30-6:15pm Ally Jobe	Spinning 5:30-6:15pm Gary Mirabella	Spinning 5:30-6:15pm Ally Jobe	Spinning 5:30-6:15pm Gary Mirabella	City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.		4:30
Reformer Pilates 5:30-6:20pm Amy Rainey	Yoga 5:30-6:30pm James Brewer	Reformer Pilates 5:30-6:20pm Amy Rainey	Yoga 5:30-6:30pm James Brewer			5:00
						5:30
						6:00
						6:30