

November 2017 Fitness Classes Hampton Health Club and Spa

**PARTICIPATION
OPEN TO ALL
FITNESS LEVELS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 7:00a Spin Class w/Tom	3	4
5	6	7 7:00a Spin Class w/Tom	8	9 7:00a Spin Class w/Tom	10	11
12 	13	14 7:00a Spin Class w/Tom	15	16 7:00a Spin Class w/Tom	17	18
19	20	21 7:00a Spin Class w/Tom	22	23 8:00s Spin Class w/Tom 11:00a Yoga w/April	24 8:00a Spin Class w/Tom 11:00a Yoga w/April	25 8:00a Spin Class w/Tom 11:00a Yoga w/April
26 	27	28	29	30		

Spin w/Tom Whitaker —High-intensity exercise involving stationary exercise bicycles in a classroom setting.

Yoga w/April Harrison —Meditative workout involving stretching, strengthening, toning and balance for a stress-free lifestyle.

PLEASE CALL THE HEALTH CLUB TO SIGN UP FOR CLASSES. 828-743-6479 class will be canceled if not enough participants.