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## 2 GYMS, 1 FAMILY

*"We were all beginners once. Welcome to the family."*

Register for select classes through the Mindbody app!

### NOVEMBER CLASS SCHEDULE - Gillespie

MON.                      TUE.                      WED.                      THUR.                      FRI.                      SAT.

A  
M  
  
  
P  
M

					7a: Saturday Morning Sweat
8a: Yoga 9a: Bootcamp	9a: Spinning	8a: Yoga 9a: Bootcamp	9a: Spinning		
6p: Spin & Abs 6:30p: GloKick	6p: Spin	6p: The Figure Bootcamp	5:30p: Flow 385		

### NOVEMBER CLASS SCHEDULE - Staunton

MON.                      TUE.                      WED.                      THUR.                      FRI.                      SAT.

A  
M  
  
  
P  
M

		5:30a: Sunrise Bootcamp		5:30a: Sunrise Bootcamp	9a: Flow 385 10a: Yoga
5:30p: Spinning 6:30p: RIPPED	5:30p: Strength & Boxing 6:30p: Dance Aerobic	5:30p: Step 6:30p: Flow 385	5:30p: Spinning		

**IMPORTANT DATES:**

**November 1: Tamla's Birthday**

**November 6: GloKick Lil' Rockstars starts**

**November 7: Lil' Kids Soccer starts**

**November 11: Veteran's Day**

**November 21: Mike's Birthday**

**November 23: Thanksgiving**

*(Entry with keycard only Nov. 23 & 24 - no regular classes)*