



# November 2019

**Stacey's Dance Studio**  
205 Pike Street, Marietta, OH

**Lowell United Methodist Church**  
323 4<sup>th</sup> Street, Lowell, OH

**The O'Neill Center**  
333 4<sup>th</sup> Street, Marietta, OH

**MOVement Fitness**  
315 Cross Street, Marietta, OH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Instructors:</b> RB- Rachel Burnham      A – Amber Newlon M- Megan Lang            RP – Regina Peckens S – Shelby Tait            MH – Mary Huggins				<b>1</b> POUND 9-10 AM (A,RB) VeraFlow 10-11 AM (RB) Lunch Break Yoga 11:30-12:15 PM (M) Tap-N-Burn 1-2:30 PM (RB)	<b>2</b> POUND 9-10 AM (R, A, S) P90X Live 10:10-11:10 AM (MH)
<b>3</b>	<b>4</b> POUND 4:30-5:30 PM (RB) VeraFlow 5:30-6:30 PM (RB) Barre Above 7:30-8:15 PM (A)	<b>5</b> Spin 8:00-9:00 AM (RB) Floor Barre 9:00-9:45 AM (RB) VeraFlow 9:45-10:45 AM (RB) AMPD Resistance 4:30-5:15 PM (RB) POUND 5:15-6:15 PM (RB)	<b>6</b> POUND 1-2 PM (RB)	<b>7</b> POUND 9:00-10:00 AM (RB, A) AMPD Resistance 10-10:45 AM (RB) AMPD Resistance 7:15-8:00 PM (RB)	<b>8</b> POUND 9-10 AM (A,RB) VeraFlow 10-11 AM (RB) Lunch Break Yoga 11:30-12:15 PM (M) Tap-N-Burn 1-2:30 PM (RB)	<b>9</b> POUND 9-10 AM (R, A, S) P90X Live 10:10-11:10 AM (MH)
<b>10</b>	<b>11</b> POUND 4:30-5:30 PM (RB) VeraFlow 5:30-6:30 PM (RB) POUND 6:45-7:45 PM (A) Barre Above 7:45-8:30 PM (A)	<b>12</b> Spin 8:00-9:00 AM (RB) Floor Barre 9:00-9:45 AM (RB) VeraFlow 9:45-10:45 AM (RB)	<b>13</b> No Class Today	<b>14</b> POUND 9:00-10:00 AM (RB, A) AMPD Resistance 10-10:45 AM (RB) AMPD Resistance 7:15-8:00 PM (RB)	<b>15</b> POUND 9-10 AM (A,RB) VeraFlow 10-11 AM (RB) Lunch Break Yoga 11:30-12:15 PM (M) Tap-N-Burn 1-2:30 PM (RB)	<b>16</b> POUND 9-10 AM (R, A, S)
<b>17</b>	<b>18</b> POUND 4:30-5:30 PM (RB) VeraFlow 5:30-6:30 PM (RB) POUND 6:45-7:45 PM (A,S) Barre Above 7:45-8:30 PM (A)	<b>19</b> Spin 8:00-9:00 AM (RB) Floor Barre 9:00-9:45 AM (RB) VeraFlow 9:45-10:45 AM (RB) AMPD Resistance 4:30-5:15 PM (RB) POUND 5:15-6:15 PM (RB)	<b>20</b> POUND 1-2 PM (RB)	<b>21</b> POUND 9:00-10:00 AM (RB, A) AMPD Resistance 10-10:45 AM (RB) AMPD Resistance 7:15-8:00 PM (RB)	<b>22</b> POUND 9-10 AM (A,RB) VeraFlow 10-11 AM (RB) Lunch Break Yoga 11:30-12:15 PM (M) Tap-N-Burn 1-2:30 PM (RB)	<b>23</b> TBA
<b>24</b>	<b>25</b> TBA	<b>26</b> TBA	<b>27</b> POUND 1-2 PM (RB)	<b>28</b> Happy Thanksgiving!	<b>29</b> TBA	<b>30</b> TBA