




FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# NOVEMBER GROUP EX.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|---|---|---|---|--|
| <b>1</b><br>8am: AOA (Kim)<br>*10am: AOA (Digital Inst.)<br>6:30pm: Yoga (Robin)           | <b>2</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Kisha)   | <b>3</b><br>8am: AOA (Jeanette)<br>*10am: AOA (Digital Inst.)<br>*5pm: HIIT (Digital Inst.)<br>6:30pm: Yoga (Robin)   | <b>4</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Shernicka)   | <b>5</b><br>*6am: Core (Digital Inst.)<br>8am: AOA (Jeanette)<br>9am: S&B (Jeanette)<br>*5pm: HIIT (Digital Inst.)  | <b>6</b><br>*9am: Yoga (Digital Inst.)<br>*11am: AOA (Digital Inst.)   |
| <b>8</b><br>8am: AOA (Kim)<br>*10am: AOA (Digital Instructor)<br>6:30pm: Yoga (Robin)      | <b>9</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Instructor)<br>6pm: Zumba® (Kisha)<br>5pm: CES<br>AOA with Kim at the<br>Gibsonville Community Center | <b>10</b><br>8am: AOA (Jeanette)<br>*10am: AOA (Digital Inst.)<br>*5pm: HIIT (Digital Inst.)<br>6:30pm: Yoga (Robin)  | <b>11</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Shernicka)  | <b>12</b><br>*6am: Core (Digital Inst.)<br>8am: AOA (Jeanette)<br>9am: S&B (Jeanette)<br>*5pm: HIIT (Digital Inst.) | <b>13</b> 9am: Yoga (Digital Inst.)<br><br>12pm: CES<br>Zumba® with Shernicka<br>on the Gibsonville Town Green |
| <b>15</b><br>8am: AOA (Kim)<br>*10am: AOA (Digital Inst.)<br>6:30pm: Yoga (Robin)          | <b>16</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Kisha)  | <b>17</b><br>8am: AOA (Jeanette)<br>*10am: AOA (Digital Inst.)<br>*5pm: HIIT (Digital Inst.)<br>6:30pm: Yoga (Robin)  | <b>18</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Shernicka)  | <b>19</b><br>*6am: Core (Digital Inst.)<br>8am: AOA (Jeanette)<br>9am: S&B (Jeanette)<br>*5pm: HIIT (Digital Inst.) | <b>20</b> 9am: Yoga (Kisha)<br><br>12pm: CES<br>Zumba® with Shernicka<br>on the Gibsonville Town Green         |
| <b>22</b><br>8am: AOA (Kim)<br>*10am: AOA (Digital Inst.)<br>6:30pm: Yoga (Robin)          | <b>23</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Kisha)<br>5pm: CES<br>AOA with Kim at the<br>Gibsonville Community Center     | <b>24</b><br>8am: AOA (Jeanette)<br>*10am: AOA (Digital Inst.)<br>*5pm: HIIT (Digital Inst.)<br>*6:30pm: Yoga (Digital Inst.)   | <b>25</b><br><b>CLOSED</b><br>for Thanksgiving<br> | <b>26</b><br>*6am: Core (Digital Inst.)<br>8am: AOA (Jeanette)<br>9am: S&B (Jeanette)<br>*5pm: HIIT (Digital Inst.) | <b>27</b> *9am: Yoga (Digital Inst.)<br>*11am: AOA (Digital Inst.)   |
| <b>29</b><br>8am: AOA (Kim)<br>*10am: AOA (Digital Inst.)<br>*6:30pm: Yoga (Digital Inst.) | <b>30</b><br>8am: AOA (Kim)<br>*5pm: Core (Digital Inst.)<br>6pm: Zumba® (Kisha)  | <ul style="list-style-type: none"> <li>• <b>Color Coding Key:</b> orange = Class is taught with live instructor, Green = Class is a pre-recorded class, Yellow = Community</li> <li>• <b>Class Abbreviations Key:</b> AOA = Active Older Adults, S&amp;B = Stretch &amp; Balance, HIIT = High Intensity Interval Training</li> <li>• Classes are <b>capped at 15</b> and are <b>first come, first serve</b> based on the sign-up sheet outside of the room.</li> <li>• <b>Community Exercise Series (CES)</b> is a FREE community program that we are partnering with Gibsonville for.</li> </ul> |   |   |  |