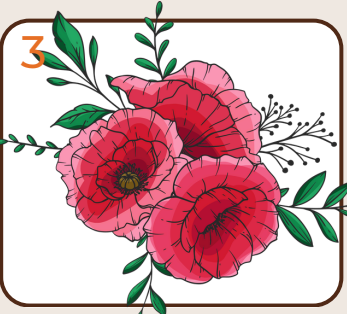



# November Rec Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9-10am Underground Fitness with Tony
3 	4 6-7pm Spin with Mel	5 6-7pm Underground Fitness with Tony	6 6-7pm Spin with Jess	7 12-1pm Yoga with Shayna 6-7pm Underground Fitness with Krista	8	9 9-10am Underground Fitness with Tony
10	11  Hiking Classes	12 6-7pm Underground Fitness with Tony	13 6-7pm Spin with Jess	14 12-1pm Yoga with Shayna 6-7pm Underground Fitness with Krista	15	16 9-10am Underground Fitness with Tony
17	18 6-7pm Spin with Mel	19 6-7pm Underground Fitness with Tony	20 6-7pm Spin with Jess	21 6-7pm Underground Fitness with Krista	22	23 9-10am Underground Fitness with Tony
24	25 6-7pm Spin with Mel	26 6-7pm Underground Fitness with Tony	27 6-7pm Spin with Jess	28 6-7pm Underground Fitness with Krista	29	30 9-10am Underground Fitness with Tony

**Adult workout  
classes  
Drop-in rates:  
REC Member:  
\$8.05  
Non REC: \$10.50  
Taxes included**

**Looking for a  
fitness class  
membership or  
punch card? Visit  
the REC Office  
during open  
hours.**

