



# FITNESS November 2025

Mon	Tue	Wed	Thu	Fri
<p>IP- Instructional Pool PP- Program Pool</p>	<p>"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love" - Pope Francis.</p>			
<p>3</p> <p>Cardio Fit 10:00AM Aqua Fit 11:00AM PP</p>	<p>4</p> <p>Cardio Drumming 10:15AM EZ Aqua 11:15AM IP</p>	<p>5</p> <p>NO CLASSES</p>	<p>6</p> <p>Cardio Drumming 10:00AM Hydro Aquatics 11:15AM IP</p>	<p>7</p> <p>NO CLASSES- Swim Meet</p>
<p>10</p> <p>Cardio Fit 10:00AM Aqua Fit 11:00AM PP</p>	<p>11</p> <p>Cardio Drumming 10:15AM EZ Aqua 11:15AM IP</p>	<p>12</p> <p>NO CLASSES</p>	<p>13</p> <p>Cardio Drumming 10:00AM Hydro Aquatics 11:15AM IP</p>	<p>14</p> <p>Chair Yoga 9:30AM Aqua Yoga 10:30AM IP</p>
<p>17</p> <p>NO CLASSES</p>	<p>18</p> <p>Cardio Drumming 10:15AM EZ Aqua 11:15AM IP</p>	<p>19</p> <p>NO CLASSES</p>	<p>20</p> <p>Cardio Drumming 10:00AM Aqua Fit 11:15AM PP Amy</p>	<p>21</p> <p>Chair Yoga 9:30AM Aqua Yoga 10:30AM IP</p>
<p>24</p> <p>Cardio Fit 10:00AM Aqua Fit 11:00AM PP</p>	<p>25</p> <p>Cardio Drumming 10:15AM</p>	<p>26</p> <p>NO CLASSES</p>	<p>27</p> <p>NO CLASSES! Happy Thanksgiving</p>	<p>28</p>