# NOVEMBER 2026

## SATURDAY CLASS CALENDAR

**SAT NOV 7**



**CIRCUIT TRAINING**
11:00 AM – 12:00 PM

- Fun, full-body workout
- Modifications for all levels
- Bring water & a good attitude!

**SAT NOV 14**



**ZUMBA LIFT**
11:00 AM – 12:00 PM

- Dance & strength combined
- Zumba moves with weights
- Cardio, toning & good vibes!

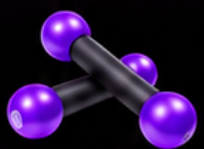
**SAT NOV 21**



**CIRCUIT TRAINING**
11:00 AM – 12:00 PM

- Fun, full-body workout
- Modifications for all levels
- Bring water & a good attitude!

**SAT NOV 28**



**ZUMBA TONE**
11:00 AM – 12:00 PM

- Dance, tone & sculpt
- Light weights, high energy
- All levels welcome!

Yes YOU CAN FITNESS