

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule November, 2015

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.	Aqua Fit <i>Sharon</i>		Aqua Fit <i>Sharon</i>		Aqua Fit <i>Sharon</i>
12:10 p.m.	Muscle Makin' Monday <i>Jaden</i>	Suspension Training <i>Jayne</i>	Warrior Wednesday <i>Jaden</i>	Fat Blast <i>Jayne</i>	
1:10 p.m.			Fat Blast <i>Jayne</i>		Turbo Kick <i>Beth</i>
5:10p.m.	Intermediate Running <i>Jayne</i>				
5:30p.m.			Belly Dance <i>Deanna</i>		

Effective November 2, 2015