

Programs and Classes

November 2017

★ NEW

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	9:00AM-10:00AM Tai Chi Ambre	6:30AM-7:15AM FIT (Fitness Intensity Training) Sara H.		
★ 10:30AM-11:00AM Fit Minds Coralyn	10:00AM-10:45AM Silver Sneakers® Kelsey	9:15AM-10AM Pilates Rene	10:00AM-10:45AM Silver Sneakers® Katie	10:30AM-11:00AM New Tricks Brielle
11:00AM-11:30AM Core Challenge Brielle	10:30AM-11:15AM Aqua Kriya Yoga Maureen	10:00AM-11:00AM Corrective Exercises Rene	11:00AM-11:45AM Stretching 101 Brandon	11:15AM-12:00PM Silver Sneakers Stability™ Brielle
11:45AM-12:30PM Intro to Weights Sara H.	10:45AM-11:15AM Core Tabata Brielle	11:00AM-11:30AM Core Challenge Brandon	11:00AM-12:00PM Climbing Katie	12:15PM-1:00PM Joints in Motion Sarah O.
12:45PM-1:30PM Taquata Nick B.	11:30-12:00PM KrankFusion™	11:00AM-12:00PM Wheelchair Tennis Seth	12:00PM-12:30PM KrankFusion™	
	1:30PM-2:30PM Rowing	11:45AM-12:30PM Intro to Weights Brandon	12:45PM-1:30PM H2O Circuit Training Nick B.	
	4:30PM-7PM Get Hooked Up	12:45PM-1:30PM BioExercise Donna Lewen		
4:30PM-7PM Get Hooked Up	4:30PM-5:30PM Martial Arts	4:30PM-7PM Get Hooked Up	4:30PM-7PM Get Hooked Up	
4:45PM-5:15PM KrankFusion™ Brielle				
5:30PM-6:30PM Kids Corner Maggie	5:30PM-6:30PM Kids Corner Katie	5:30PM-6:30PM Kids Corner Kelsey	5:30PM-6:30PM Kids Corner Sara H.	
5:30PM-6:30PM Boot Camp Brielle	5:30PM-6:30PM Yoga Carolyn	5:30PM-6:30PM Boot Camp Brandon	5:30PM-6:30PM Yoga Carolyn	
	5:30PM-6:30PM TLC Brandon	6:30PM-7:30PM Climbing Kelsey		
6:30PM-7:30PM Tai Chi Lynette	6:30PM-7:30PM Climbing Sara H.	6:30PM-7:30PM Rowing	6:45PM-7:45PM Martial Arts	Saturday 9:30AM-10:15AM KrankFusion™
				12:30PM-1:30PM Climbing Brandon

Krank Fusion™, Kids Corner, and Wheelchair Tennis Sign Up Required

(Sign up at ability360.org under calendars, call the front desk at 602-386-4566, stop by the front desk, or [download our new app](#))

Tango for All November 2nd & 16th at 6:30pm-7:30pm

★ Did you know?

Pools close for the season on 11/22 at 4pm. Stay tuned for Thanksgiving themed workouts!

November Class Cancellations

Krank Fusion™ cancelled 11/11
Silver Sneakers®, Climbing, & Stretching cancelled 11/16
Bio Exercise cancelled 11/15, 11/22
Pilates and Corrective Exercises cancelled 11/22
Intro to Weights and Wheelchair Tennis cancelled 11/22
Wheelchair Tennis cancelled Fridays in November

Facility Hours:

6:00am-8:30pm M-F
8am-4pm Saturdays
Closed Sundays

Pool Hours: M&F 7A-6P

T, W, Th 6:30AM-6:00PM

Saturday 8am-3pm

ABILITY360

SPORTS & FITNESS CENTER