

# NOVEMBER 2018

## GROUP FITNESS SCHEDULE

### MONDAY

	CLASS	INSTRUCTOR
11:15	Barre	Tiffany
12:05	Vinyasa Yoga	Tiffany
1:05	HIIT Express	Corey
5:15 pm	Boot Camp	Kerri

### TUESDAY

	CLASS	INSTRUCTOR
11:15	Core Training	Corey
12:05	Hip Hop Yoga	Amy
1:05	Special Events-TBA	Andrea/Amy

### WEDNESDAY

	CLASS	INSTRUCTOR
11:15	Fit You	Andrea
12:05	HIIT/Boot Camp	Andrea
1:30	Vinyasa Yoga <b>NO CLASS 11/21</b>	Amy

### THURSDAY

**NO CLASSES**  
11/22

	CLASS	INSTRUCTOR
11:15	Total Body Conditioning	Corey
12:05	Yogalates	Mary

### FRIDAY

**NO CLASSES**  
11/23

	CLASS	INSTRUCTOR
11:15	Zumba (Nov. 9 <sup>th</sup> ONLY)	Carmen
12:05	Gentle Yoga	Andrea

- ❖ Wear appropriate gym attire when using the fitness center or attending a Group Fitness class.
- ❖ Instructors have the right to cancel a class due to low attendance.
- ❖ All classes held on floor S36 in the squash court unless noted otherwise.
- ❖ If you do not know how to use a piece of equipment, please email manager requesting an equipment orientation.

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