





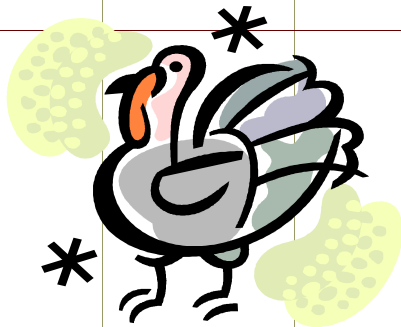


# November 2009 Member Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>Enjoy Swim Lessons for "Kids" of all ages!</p>	<p>2 <b>Session 6 Swim Lesson Begins</b></p> <p><b>NEW!</b> Family Bootcamp w/ Heather 6:30-7:00</p> <p>18+ VOLLEYBALL 7:30PM-9:30PM</p>	<p>3 Family Drums w/Kelly Tuesday Nights! 6:00-6:30pm</p> 	<p>4 Red Cross CPR/AED Review 9am to 1pm</p> <p>Challenge your Core @ 4:15 with Mugs!</p>	<p>5 Every Thursday AOA Fitness Yoga 9:30am</p> <p>AOA Potluck 10am to Noon</p> <p>Teen Center 3-5pm</p>	<p>6 <b>FREE FRIEND FRIDAY</b> (photo ID required)</p> <p>18+ OPEN VOLLEYBALL 7:00-9:00PM</p>	<p>7 Start your weekend off on the right foot!</p> <p>7:15 BodyPump 8:00 Group Cycle 8:05 BodyStep 9:00 Fitness Yoga 9:00 BodyPump 10:10 BodyPump 11:30 Zumba wow!</p>
<p>8</p> 	<p>9 <b>NEW!</b> Family Bootcamp w/ Heather 6:30-7:00</p> <p>18+ VOLLEYBALL 7:30PM-9:30PM</p>	<p>10 Red Cross CPR/AED Certification 4-8pm</p> <p>Late Night Pump! 7:00pm</p>	<p>11 Red Cross CPR/AED Certification Class 4-8pm (Nov 10 &amp; 11) Register at Member Services</p>	<p>12 AOA Lunch Out! Check the AOA bulletin board for more Info</p> <p>Teen Center 3-5pm</p> <p>Come Try out Kickboxing @ 7:35 w/Babs</p>	<p>13 Friday Nights are FUN times at the Y!</p> <p>4:15 BodyStep 5:30 BodyPump 6:30 Zumba 6:30 Turbokick</p> <p>18+ OPEN VOLLEYBALL</p>	<p>14 Enjoy Hot Coffee in the lobby everyday until noon!</p> 
<p>15 BodyStep Express! 11:15am (45 minutes)</p>	<p>16 <b>NEW!</b> Family Bootcamp w/ Heather 6:30-7:00</p> <p>Teens in Training 6:30-8pm</p> <p>18+ VOLLEYBALL 7:30PM-9:30PM</p>	<p>17 Enjoy a great cardio workout with Janelle in TurboKick! 9:15am</p>	<p>18 Teens in Training 6:30-8pm</p>	<p>19 Pump at Lunch w/Kelly 12:00pm</p> <p>Red Cross CPR/AED Review 4-8pm</p> <p>Teen Center 3-5pm</p>	<p>20 ZUMBA!! 11:15am</p> <p>18+ OPEN VOLLEYBALL 7:00-9:00PM</p>	<p>21</p> 
<p>22 Pre-Thanksgiving Workout! 2 hr. Cycle ride w/Jason 4-6pm</p> 	<p>23 <b>NEW!</b> Family Bootcamp w/ Heather 6:30-7:00</p> <p>18+ VOLLEYBALL 7:30PM-9:30PM</p>	<p>24 Sign up for Water Personal Training with Charlie in Aquatics TODAY!</p>	<p>25</p>	<p>26 Happy Thanksgiving! YMCA Closed</p>	<p>27 <b>Group Fitness Schedule</b> 8:00m BodyStep 9:00am BodyPump 4:15pm BodyStep 5:00pm BodyPump 6:00pm Turbokick</p> <p>VOLLEYBALL 7:00-9:00PM</p>	<p>28 Red Cross CPR/AED Review 10-6pm Register at Member Services</p>
<p>29 RELAX! Fitness Yoga 1:15pm</p>	<p>30 <b>NEW!</b> Family Bootcamp w/ Heather 6:30-7:00</p> <p>18+ VOLLEYBALL 7:30PM-9:30PM</p>				<p>YMCA Facility Hours:</p> <p>M-F 5am to 10pm And Sat and Sun 7am to 8pm</p>	<p>Kid Stuff Hours:</p> <p>M-F 8am to 8:30pm And Sat 8am to 4pm And Sun 11am to 4pm</p>