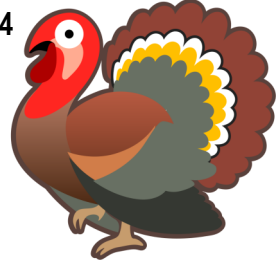
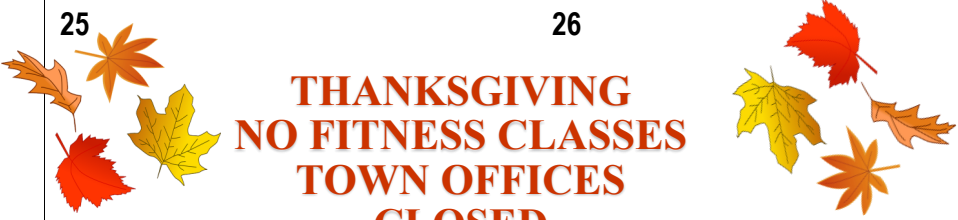


NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat																		
	1 8:00 Cardio Crunch—Paula 9:15 Barre-lates—Tom 10:30 Vinyasa Yoga—Sheryl	2 8:00 Tone, Strengthen & Stretch—Paula 10:30 Hatha Yoga—Nancy	3 8:00 Cardio Crunch—Paula 9:15 Barre-lates—Tom 10:30 Vinyasa Yoga—Sheryl	4 8:00 Tone, Strengthen & Stretch-Laura 10:30 Hatha Yoga—Nancy	5 8:00 Cardio Crunch—Paula 10:30 Vinyasa Yoga—Nancy	6																		
7	8 8:00 Cardio Crunch—Paula 9:15 Barre-lates—Kristen 10:30 Vinyasa Yoga—Kristen	9 8:00 Tone, Strengthen & Stretch—Paula 10:30 Hatha Yoga—Nancy	10 8:00 Cardio Crunch—Paula 9:15 Barre-lates—Whitney 10:30 Vinyasa Yoga—Whitney	VETERAN'S DAY NO FITNESS CLASSES TOWN OFFICES CLOSED		12 8:00 Cardio Crunch—Paula 10:30 Vinyasa Yoga—Nancy																		
14	15 8:00 Cardio Crunch—Paula 9:15 Barre-lates—Kristen 10:30 Vinyasa Yoga—Kristen	16 8:00 Tone, Strengthen & Stretch—Paula 10:30 Hatha Yoga—Nancy	17 8:00 Cardio Crunch—Paula 9:15 Barre-lates—Whitney 10:30 Vinyasa Yoga—Whitney	18 8:00 Tone, Strengthen & Stretch- Laura 10:30 Hatha Yoga—Nancy	19 8:00 Cardio Crunch—Paula 10:30 Vinyasa Yoga— CANCELLED	20																		
21	22 8:00 Cardio Crunch—Paula 9:15 Barre-lates— CANCELLED 10:30 Vinyasa Yoga— CANCELLED	23 8:00 Tone, Strengthen & Stretch—Paula 10:30 Hatha Yoga— CANCELLED		 THANKSGIVING NO FITNESS CLASSES TOWN OFFICES CLOSED		27																		
28	29 8:00 Cardio Crunch—Paula 10:30 Vinyasa Yoga—Sheryl	30 8:00 Tone, Strengthen & Stretch—Paula 9:15 Barre-lates—Tom 10:30 Hatha Yoga—Nancy		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Class Name</th> <th style="width: 30%;">Meeting ID</th> <th style="width: 40%;">Passcode</th> </tr> </thead> <tbody> <tr> <td>Cardio Crunch</td> <td>861 0213 9213</td> <td>986150</td> </tr> <tr> <td>Tone, Strengthen, & Stretch</td> <td>838 8575 6700</td> <td>513796</td> </tr> <tr> <td>Barre-lates</td> <td>892 3461 4418</td> <td>401901</td> </tr> <tr> <td>Vinyasa Yoga</td> <td>833 3988 5045</td> <td>202530</td> </tr> <tr> <td>Hatha Yoga</td> <td>895 2013 5715</td> <td>580151</td> </tr> </tbody> </table>			Class Name	Meeting ID	Passcode	Cardio Crunch	861 0213 9213	986150	Tone, Strengthen, & Stretch	838 8575 6700	513796	Barre-lates	892 3461 4418	401901	Vinyasa Yoga	833 3988 5045	202530	Hatha Yoga	895 2013 5715	580151
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