









DON RODENBAUGH NATATORIUM LAND CLASS SCHEDULE
NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-6:00AM *To the Core With Caroline		5:30AM-6:00AM *To the Core With Caroline		5:30AM-6:00AM *To the Core With Caroline	www.allenparks.org
5:30AM-6:30AM *Boot Camp With Chris	5:30AM-6:30AM *Boot Camp With Chris	5:30AM-6:30AM *Boot Camp With Chris	5:30AM-6:30AM *Boot Camp With Chris	5:30AM-6:30AM *Boot Camp With Chris	
6:05AM-7:05AM *Small Group Personal Training With Adam	6:00AM-6:45AM !New Time! Studio Cycling With Jesus	6:05AM-7:05AM *Small Group Personal Training With Adam	6:00AM-6:45AM !New Time! Studio Cycling With Jesus	6:05AM-7:05AM *Small Group Personal Training With Adam	
8:00AM-8:30AM *To the Core With Caroline		8:00AM-8:30AM *To the Core With Caroline	8:15AM-9:00AM *SilverSneakers CardioFit With Melanie	8:00AM-8:30AM *To the Core With Caroline	
9:00AM-10:00AM *Silver Sneakers 1 With Melanie	9:00AM-10:00AM Yoga With Sarita	9:00AM-10:00AM *Silver Sneakers 1 With Melanie	9:00AM-10:00AM Yoga With Sarita	*NEW*9:00AM-9:45AM *Silver Sneakers 1 With Melanie	9:00AM-10:00AM Yoga With Belinda
10:15AM-11:15AM Body Blast With Lana H.		10:15AM-11:15AM Body Blast With Lana H.	10:00AM-11:00AM *Baby Boot Camp With Tricia	10:15AM-11:15AM Body Blast With Lana H.	10:15AM-11:15AM Weekend Pilates With Sarita
11:15AM-12:00PM Pilates With Lana H.	11:00AM-11:45AM *SilverSneakers CardioFit With Melanie	11:15AM-12:00PM Pilates With Lana H.		11:15AM-12:00PM Pilates With Lana H.	
5:30PM-6:30PM Body Sculpt *NEW* With Gerri		5:30PM-6:30PM Yoga For Life With Gerri		4:45PM-5:25PM *Tap and Jazz 5-7 yr With Mary	
	6:30PM-7:30PM *Small Group Personal Training With Adam		6:30PM-7:30PM *Small Group Personal Training With Adam	5:30PM-6:15PM *Tap and Jazz 8-10 yr With Mary	
7:00PM-7:45PM Studio Cycling With Paul	7:40PM-8:30PM Evening Pilates With Sherry	7:30PM-8:30PM Studio Cycling With Jerry	7:30PM-8:30PM Evening Pilates With Monica		

* NON-PUNCH CARD CLASSES

Schedule subject to change at anytime!

DRN Phone Number: 214-509-4770

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