

Muskego Regency Exercise Class Schedule

NOVEMBER

SUN	Monday	Tuesday	Wednesday	Thursday	Friday	SAT
			1	2	3	4
			1:00 Seated Dance	NO CLASS	NO CLASS	
5	6	7	8	9	10	11
	9:30 Full Body Pop-in Class 10:30 Balance	OPEN GYM	1:00 Seated Dance	9:30 Full Body Pop-in Class 10:30 Balance	9:30 Cardio Drum 10:30 Seated Yoga	
12	13	14	15	16	17	18
	9:30 Full Body Pop-in Class 10:30 Balance	OPEN GYM	1:00 Seated Dance	9:30 Full Body Pop-in Class 10:30 Balance	9:30 Cardio Drum 10:30 Seated Yoga	
19	20	21	22	23	24	25
	9:30 Full Body Pop-in Class 10:30 Balance	OPEN GYM	NO CLASS	HAPPY THANKSGIVING	9:30 Cardio Drum 10:30 Seated Yoga	
26	27	28	29	30		
	9:30 Full Body Pop-in Class 10:30 Balance	OPEN GYM	1:00 Seated Dance	9:30 Full Body Pop-in Class 10:30 Balance		

Questions about classes? See or call Sue, Fitness Instructor at (262) 679-0888, x242