

New Berlin Regency Exercise Class Schedule NOVEMBER

SUN	Monday	Tuesday	Wednesday	Thursday	Friday	SAT
			1	2	3	4
			9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	9:00 Strength w/Brooke 11:00 Stretch	
5	6	7	8	9	10	11
	9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1 2:00 Balance 2	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	NO CLASS	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Stretch	
12	13	14	15	16	17	18
	9:00 NO CLASS 11:00 Seated Exercise 1:00 Balance 1 2:00 Balance 2	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Stretch	
19	20	21	22	23	24	25
	9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1 2:00 Balance 2	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1	HAPPY THANKSGIVING	9:00 Strong Bodies 11:00 Stretch	
26	27	28	29	30		
	9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1 2:00 Balance 2	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Seated Exercise 1:00 Balance 1	11:00 Seated Exercise @ Regents Club 1:00 Cardio Drum		

Questions? Call the Fitness Center @ (262) 330-5162, or extension 130.