

# November



## Fitness Specialty Classes

### TRX TRAINING

Thursdays November 2nd-30th  
6:00am-6:30am (no class 11/23)

### BUDDY BOOTCAMP

Wednesdays November 29th-December  
20th 6:00pm-6:45pm

### IRON FIT

Tuesdays November 7th-28th  
5:30am-6:15am  
Thursdays November 2nd-30th  
6:00pm-7:00pm (no class 11/23)

### ZUMBA GOLD (FREE)

Saturday November 18th  
10:30am-11:15am



Wednesdays November 1st-December  
13th 5:05pm-5:50pm (No class Nov 22nd)

## Platinum Members Reminder:

Use the 12 FREE guest passes  
from your account by December  
31st. They reset in January!

## Thanksgiving Day Schedule

**Building:** 6:00am-12:00pm

**Pool:** There will be NO Open or Lap swim on  
Thursday November 23rd.

**Fitness:** Turkey Burn Boot Camp 8:30am-9:30am  
\* All regular classes cancelled



Come honor our nation's veterans by  
attending a Yoga class with Kathi Reeves  
on Sunday November 5th 1:00pm-2:00pm.

This is a National Yoga Event to help  
support our warriors through Veterans Yoga  
Project! This is a DONATION based class.  
We are aiming for \$10 per person/donation.

Donations will be accepted by cash or  
check. Please contact  
[sweidemann@waconia.org](mailto:sweidemann@waconia.org) if you want to  
donate but can't attend the class.

## Workshops

### What Is My Body Saying In This Pose?

Sunday November 12th 2:00pm-3:30pm

In this 1 1/2 hour workshop, using just a few poses,  
participants will have the time to explore the sensations  
and experiences of their pose. After each pose you will be  
invited to reflect on what you are experiencing by using the  
supplied drawings of the pose to color or possibly write  
about what you are experiencing in both the physical and  
energetic bodies. It is a time to explore and just have fun.

Must register online to reserve your spot! Only taking 8  
participants!

## November Swim Lessons Start November 6th