

# FITNESS CENTERS

Blake Fitness Center | 1201 H St. Bldg 1201 | 228.377.4385

Triangle Fitness Center | 7504 Falcon St., Bldg 7504 | 228.377.3056

## NOVEMBER FITNESS CLASS SCHEDULE

### Monday

11am - noon... Bootcamp  
Noon - 1 pm... Pilates  
Noon - 1 pm... Cycling  
5-6 pm ..... Zumba  
5:30-6:30 pm ... TurboCore

### Tuesday

10-11am ..... Yoga  
11am - noon... HIIT  
Noon - 1 pm... Cycling  
4:15-5:15 pm ... Cycling  
5-6 pm ..... Zumba

### Wednesday

11 am - noon ... Bootcamp  
Noon - 1 pm ... Cycling  
5:30-6:30 pm ... TurboCore

### Thursday

11am - noon... HIIT  
Noon - 1 pm... Yoga  
4:15-5:15 pm ... Cycling  
5-6 pm ..... Zumba

### Friday

11am - noon... Tabata  
Noon - 1 pm... Cycling

### Saturday

8:15-9:15 am ... Cycling  
*No classes Nov 10 for Veterans Day.  
No classes Nov 23-24 for  
Thanksgiving Holiday.*

### TURKEY TROT

Nov 3 | 6 pm

#### Blake Fitness Center

Enjoy this family fun event.  
Wear your favorite turkey  
day or glow run attire.  
Registration at 5:30 pm.  
Open all ages.