

NOVEMBER

Wellness Center Hours:
Monday-Sunday
5:00am-10:00pm

Staffed Hours:
Monday-Thursday
8:00am-Noon & 1:00pm-5:00pm
Friday
8:00am-Noon & 1:00pm-3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
 WELLNESS CENTER Windom Area Health					1 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	2
3	4 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	5 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P NO POWER ROW	6 Fit Row 5:30A SAIL 10A Strength 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	7 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Open Yoga 4P Power Row 5:45P	8 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	9
10	11 Boot Camp 6A Alive & Active 9A SAIL 10A Gentle Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	12 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	13 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	14 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Open Yoga 4P Power Row 5:45P	15 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	16
17	18 Boot Camp 6A Alive & Active 9A SAIL 10A Gentle Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	19 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	20 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	21 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 11A SAIL 2:30P Open Yoga 4P Power Row 5:45P	22 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	23
24	25 Boot Camp 6A Alive & Active 9A SAIL 10A Gentle Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	26 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 11A SAIL 2:30P Strength 4P Power Row 5:45P	27 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	28 HAPPY THANKSGIVING UNSTAFFED	29 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	30 * Denotes Medina's Martial Arts class. For info/pricing, contact Master Marco Medina at 319-415-6772