

# ZUMBA® Fitness Schedule-November 2011

Mon	Tue	Wed	Thu	Fri
<b>October 31</b> 9:30 am ZUMBA Jennifer  <b>NO EVENING CLASSES</b>	<b>November 1</b> 5:35 pm ZUMBA Jennifer 6:45 pm Cardio Kickboxing Jennifer	<b>2</b> 9:30 am ZUMBA Jennifer 5:15 pm To be announced  6:00 pm ZUMBA Toning Marcia 7:00 pm ZUMBA Gold Lisa	<b>3</b> 5:35 pm ZUMBA Lisa 6:45 pm Cardio Kickboxing Jennifer	<b>4</b> 9:30 am ZUMBA Jennifer
<b>7</b> 9:30 am ZUMBA Jennifer 5:15 pm ZUMBA Gold-RQ Marcia 6:00 pm ZUMBA Toning-RQ Marcia 7:00 pm ZUMBA-RQ Lisa	<b>8</b> 5:35 pm ZUMBA-RQ Jennifer 6:45 pm YOGA-RQ Sheri	<b>9</b> 9:30 am ZUMBA Jennifer 5:15 pm Kickboxing-RQ Jennifer 6:00 pm ZUMBA Toning-RQ Marcia 7:00 pm ZUMBA Gold-RQ Lisa	<b>10</b> 5:35 pm ZUMBA-RQ Lisa 6:45 pm YOGA-RQ Sheri	<b>11</b> <b>NO CLASSES CLOSED</b>  FLEX
<b>14</b> 9:30 am ZUMBA Jennifer 5:15 pm ZUMBA Gold Marcia 6:00 pm ZUMBA Toning Marcia 7:00 pm ZUMBA Lisa	<b>15</b> 5:35 pm ZUMBA-RQ Jennifer 6:45 pm YOGA-RQ Sheri	<b>16</b> 9:30 am ZUMBA Jennifer 5:15 pm Kickboxing-RQ Jennifer 6:00 pm Open Toning coming in 2012 7:00 pm ZUMBA Gold-RQ Lisa	<b>17</b> 5:35 pm ZUMBA Lisa 6:45 pm YOGA Sheri	<b>18</b> 9:30 am ZUMBA Jennifer
<b>21</b> 9:30 am ZUMBA Jennifer 5:15 pm ZUMBA Gold Marcia 6:00 pm Open Toning coming in 2012 7:00 pm ZUMBA Lisa	<b>22</b> 5:35 pm ZUMBA Jennifer 6:45 pm YOGA Sheri	<b>23</b> 9:30 am ZUMBA Jennifer  <b>NO EVENING CLASSES- EARLY CLOSING</b>	<b>24</b> <b>NO CLASSES HAPPY THANKSGIVING!</b>	<b>25</b> <b>NO CLASSES CLOSED</b>  FLEX

Online schedule at [www.ci.ridgecrest.ca.us/adult.aspx](http://www.ci.ridgecrest.ca.us/adult.aspx)

**ATTENTION: WHEN CLASSES ARE LISTED AS "RQ" THIS MEANS CLASS WILL BE HELD IN THE RAQUETBALL COURT. CLASSES WILL BE LIMITED TO THE FIRST 30 TO ARRIVE FOR ZUMBA AND THE FIRST 20 TO ARRIVE FOR YOGA AND KICKBOXING. THE FRONT DESK WILL PASS OUT NUMBERED CARDS AS YOU CHECK IN AND YOU MUST HAVE A NUMBERED CARD TO ENTER CLASS. MY APOLOGIES, BUT SPACE IS LIMITED.**

Questions? Contact Jennifer Mangrum 757-646-5362, [mangrummomx3@gmail.com](mailto:mangrummomx3@gmail.com), or Facebook me!

Licensed instructor and ZUMBA® Team Coordinator