




15 College Highway  
G1 Red Rock Shops  
Southampton, MA 01073

(413) 297 – 2590  
www.mcgannonfitness.com  
mcgannonfitness@gmail.com

### November 2016 Schedule of Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
		<b>***Cardio Strength</b> 5:15 - 6:00 PM  <b>Tai Chi</b> 6:15 – 7:15 PM		<b>***Bands</b> 5:15 - 6:00 PM	<b>*Low Impact Total Body</b> 8:30 - 9:15 AM  <b>**Zumba</b> 9:30 – 10:30 AM
7	8	9	10	11	12
<b>***Core Strength</b> 5:15 - 6:00 PM  <b>**Zumba</b> 6:30 - 7:30 PM		<b>***Medicine Ball</b> 5:15 - 6:00 PM  <b>Tai Chi</b> 6:15 – 7:15 PM		<b>***Stability Ball</b> 5:15 - 6:00 PM	<b>*Low Impact Total Body</b> 8:30 - 9:15 AM  <b>**Zumba</b> 9:30 – 10:30 AM
14	15	16	17	18	19
<b>***Cardio Strength</b> 5:15 - 6:00 PM  <b>**Zumba</b> 6:30 - 7:30 PM		<b>***Bands</b> 5:15 - 6:00 PM  <b>NO Tai Chi</b>		<b>***Core Strength</b> 5:15 - 6:00 PM	<b>*Low Impact Total Body</b> 8:30 - 9:15 AM  <b>**Zumba</b> 9:30 – 10:30 AM
21	22	23	24	25	26
<b>***Medicine Ball</b> 5:15 - 6:00 PM  <b>**Zumba</b> 6:30 - 7:30 PM		<b>***Stability Ball</b> 5:15 - 6:00 PM  <b>NO Tai Chi</b>	 <b>HAPPY THANKSGIVING</b>	<b>***Cardio Strength</b> 5:15 - 6:00 PM	<b>*Low Impact Total Body</b> 8:30 - 9:15 AM  <b>No Zumba</b>
28	29	30	31		
<b>***Bands</b> 5:15 - 6:00 PM  <b>**Zumba</b> 6:30 - 7:30 PM		<b>***Core Strength</b> 5:15 - 6:00 PM  <b>Tai Chi</b> 6:15 – 7:15 PM			

**Class Fees:** Low Impact - \$12, Zumba - \$10, M, W, F (5:15 – 6 PM) Advanced classes - \$15  
\*Beginner \*\*All Fit Levels \*\*\*Advanced