

NOVEMBER/DECEMBER SCHEDULE

DATE	DAY OF WEEK	TIME	TYPE OF FITNESS	INSTRUCTOR NAME	ORGANIZATION
NOVEMBER					
11/04/19	Monday	5:30pm	Running		Main Street Runners
11/05/19	Tuesday	10:00am & 5:30pm	Bootcamp	Mary Kate	YMCA
11/07/19	Thursday	6:00pm	Yoga	Bettina Lee	At The Nurtury
11/11/19	Monday	5:30pm	Running		Main Street Runners
11/12/19	Tuesday	10:00am & 5:30pm	Bootcamp	Mary Kate	Riverside Wellness
11/14/19	Thursday	6:00pm	Yoga	Bettina Lee	At The Nurtury
11/17/19	Sunday	10:30am	Brewt Camp	Mary Kate	YMCA- At Gloucester Brewing Company
11/18/19	Monday	5:30pm	Running		Main Street Runners
11/19/19	Tuesday	10:00am & 5:30pm	Bootcamp	Mary Kate	YMCA
11/21/19	Thursday	6:00pm	Yoga	Bettina Lee	At the Nurtury
11/25/19	Monday	5:30pm	Running		Main Street Runners
11/26/19	Tuesday	10:00m & 5:30pm	Bootcamp	Mary Kate	YMCA
11/28/19	Thursday	THANKSGIVING			
DECEMBER					
12/01/19	Sunday	11:30am	Running		Main Street Runners
12/03/19	Tuesday	10:00am & 5:30pm	Bootcamp	Mary Kate	YMCA
12/05/19	Thursday	5:30pm	Yoga	Angie McKinster	Honestly Yoga
12/10/19	Tuesday	10:00am & 5:30pm	Bootcamp	Mary Kate	YMCA
12/12/19	Thursday	5:30pm	Yoga	Angie McKinster	Honestly Yoga
12/15/19	Sunday	10:30am	Brewt Camp	Mary Kate	YMCA-At Gloucester Brewing Company
12/17/19	Tuesday	10:00am & 5:30pm	Bootcamp	Mary Kate	YMCA
12/19/19	Thursday	5:30pm	Yoga	Angie McKinster	Honestly Yoga
12/24/19	Tuesday	10:00am	Boot Camp	Mary Kate	YMCA
12/26/19	Thursday	DAY AFTER CHRISTMAS			
12/31/19	Tuesday	10:00am	Boot Camp	Mary Kate	YMCA