



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 pmZumba
5:30-6:30 pm ...TurboCore

Tuesday

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

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 pmZumba

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.