




November 2018 Flowery Vale Fitness Center 301-746-8050

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30-12 Gym open 9-9:40 Cardio class 10:00 -11:00 Yoga Mahjong – after yoga 	25 Closed
5 8:30-1:30 pm Gym Open Members Fit Class 9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, & stretching.	6 8:30 -12:00 Gym open 9:15 -10:15 Yoga 10:30-11:15 Cardio class 	7 8:30-1:30 pm Gym Open Members Fit Class 9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, & stretching.	8 8:30-11 Gym open 9-9:40 Cardio class 10:00 -11:00 Yoga Mahjong – after yoga	9 Closed
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- Game Night is free for members, non-members \$2