

## November 2017 Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>November Commemoratives</b> Military Appreciation Month Native American Heritage Month Peanut Butter Lovers' Month National Diabetes Awareness Flu Awareness Month Georgia Pecan Month Hunger Awareness Month Child Safety and Protection National Red Ribbon Month Good Nutrition Month Real Jewelry Month National Sleep Comfort Month		1 <b>5:30pm MaxxFit @ Fitness Place</b> <b>6:30pm Strength &amp; Endurance @ Fitness Place</b>	2 <b>12pm Cardio Core Blast @ Fitness Place</b> <b>5:30pm Cooking Session @ DIPS</b> <b>5:30pm Zumba Mix @ Fitness Place</b>	3 <b>12pm Spinning &amp; Strength @ Fitness Place</b>	
	6 <b>12pm Spinning @ Fitness Place</b> <b>5:30pm Buns &amp; Guns @ Fitness Place</b> <b>6:30pm Strength &amp; Endurance @ Fitness Place</b>	7 <b>12pm Group Strength @ Fitness Place</b> <b>5:30pm Total Body Circuit @ Fitness Place</b>	8 <b>5:30pm MaxxFit-Step Circuit @ Fitness Place</b> <b>6:30pm Strength &amp; Endurance @ Fitness Place</b>	9 <b>12pm Spin Storm @ Fitness Place</b> <b>5:30pm Cooking Session @ DIPS</b> <b>5:30pm Zumba Mix @ Fitness Place</b>		
	13 <b>12pm Spinning @ Fitness Place</b> <b>5:30pm Buns &amp; Guns @ Fitness Place</b> <b>6:30pm Strength &amp; Endurance @ Fitness Place</b>	14 <b>12p-1:30p World Diabetes Day - Soup &amp; Salad</b> <b>12pm Circuit w/ Lunch @ Fitness Place</b> <b>5:30pm Total Body Circuit @ Fitness Place</b>	15 <b>12pm Spinning/Strength @ Fitness Place</b> <b>5:30pm MaxxFit-Group Strength @ Fitness Place</b> <b>6:30pm X-Fit Extreme @ Fitness Place</b>	16 <b>12pm Spinning @ Fitness Place</b> <b>5:30pm Cooking Session @ DIPS</b> <b>5:30pm Zumba Mix @ Fitness Place</b> <b>6:30pm Bootcamp Burn @ Fitness Place</b>	17 <b>12pm Spinning @ Fitness Place</b>	18 <b>9am YLD Event @ WIC Office</b> <b>9am YLD 10K Open Relay @ DY Springs</b> 
	20 <b>12pm Spinning @ Fitness Place</b> <b>5:30pm Buns &amp; Guns @ Fitness Place</b> <b>6:30pm Strength @ Endurance @ Fitness Place</b>	21 <b>12pm Spin Storm @ Fitness Place</b> <b>5:30pm Total Body Circuit @ Fitness Place</b> <b>6:30pm X-Fit Extreme @ Fitness Place</b>	22 <b>12pm Turkey Burn Circuit @ Fitness Place</b>			
26 <b>Zuni DIPS Program</b> 782-3091/3095  <b>Zuni Healthy Lifestyles</b> 782-2929/2299	27 <b>12pm Spinning @ Fitness Place</b> <b>5:30pm Buns &amp; Guns @ Fitness Place</b>	28 <b>12pm Circuit @ Fitness Place</b> <b>5:30pm Total Body @ Fitness Place</b>	29 <b>12pm Spinning/Strength @ Fitness Place</b> <b>5:30pm MaxxFit-Step Circuit @ Fitness Place</b> <b>6:30pm X-Fit Extreme @ Fitness Place</b>	30 <b>12pm Spinning @ Fitness Place</b> <b>5:30pm Zumba Mix @ Fitness Place</b>	1 	2 <b>Instructor Legend</b> Rick Chasity Matt Tara Kevin G. Thomas Andrea 