










710 Fulton Street  
 Tell City, IN 47586  
 (812) 547-3565

# EverBody's Fun and Fitness Center

[www.everbodys.com](http://www.everbodys.com)

## NOVEMBER CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM	<b>Barre</b>	WAKE UP WORKOUT	 <b>SPINNING</b> **	<b>Step</b>	WAKE UP WORKOUT					
5:30 AM	**Spin & Praise (Free to Public)			**Spin & Praise (Free to Public)						
7:00 AM							 <b>SPINNING</b> **			
7:30 AM						Footprints				
8:15 AM					Aqua Aerobics (HIE Pool)	<b>TOTAL BODY</b>				
9:00 AM	Cardio & Strength	<b>YOGA</b>	Resistance Training Circuit	Balance Pilates	<b>YOGA</b>	 <b>ZUMBA</b> fitness	Wallyball 6pm			
5:30 PM	Aqua Aerobics (HIE Pool)	<b>YOGA</b>	Aqua Aerobics (HIE Pool)	<b>Barre</b>	<p><b>Child Care (Kidz Klub)</b>            Monday-Thursday 5-7:30 PM            Saturday 7:30-10:30 AM</p> <p><b>Turkey Trot</b>            November 22nd            8:30 a.m. - Everbody's Fitness</p> <p><b>Post Thanksgiving Workout</b>            November 23rd            8:00 - 9:00 a.m.            Spinning or Total Body</p> <p><b>Holiday Office Hours</b>            Nov 22nd - Thanksgiving Day - CLOSED            Friday Nov 23rd - 8:00 a.m. - 12:30 p.m.            (No regular classes)            Saturday Nov 24th - Regular Hours &amp; Classes</p>					
	<b>BODY</b> Sculpting		 <b>ZUMBA</b> fitness							
6:30 PM	 <b>SPINNING</b> **	 <b>SPINNING</b> **	 <b>SPINNING</b> **	<b>Boxing</b>						
	<b>Barre</b>	 <b>ZUMBA</b> fitness	Pound ** Court 1							
	 <b>ZUMBA</b> fitness (Schergen Center)									
** Reservations are required for Spinning & Pound										