


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ask how you can get \$25+off the FreshStart Program!!	FRESHSTART Challenge Nov 7th Conquer the holidays with SUPPORT!	Jenfit Meals Make a Perfect Holiday Gift!	Maintain Don't Gain Incentive for Members!	Attend 10 classes in Nov and don't gain weight and win a Discount Month!	Just a \$10 entry fee and weigh in, come 10 times in Nov. & and no gain	Order Up Jenfit and Fresh Meals Weekly! Menu is posted every Thursday!
Hope for the Holidays Online Challenge Goal is to lose 4% body weight in Nov! \$10 entry fee		1 6:30pm Barre	2 5:45am Tabata 8:30am Hiit 9:30am Seniors 4pm Hiit 5:30pm TRX	3 Sauna Sessions make GREAT gifts for the holidays!	4 5:45am Circuit 8:30am bootcamp 9:30am Seniors 4pm Bootcamp	5 8:30am Variety
6	FRESHSTART 7 5:45am Kettlebell 8:30am Kickboxing 9:30am Seniors 4pm Circuit 5:30pm TRX	8 6:30pm Barre	9 5:45am Circuit 8:30am HIIT 9:30am Seniors 4pm Tabata 5:30pm TRX	10	11 5:45am Bootcamp 8:30am Tabata 9:30am senior 4pm POUND	12 8:30am Variety
13 FR Christmas Open House vendors at Jeneration!!!! 11 -4pm	14 5:45am tabata 8:30am bootcamp 9:30am Seniors 4pm kickboxing 5:30pm TRX	15 6:30pm Barre	16 5:45am hiit 8:30am Tabata- 9:30am Seniors 4pm pilates 5:30pm TRX	17	18 5:45am Circuit 8:30pm HIIT 9:30am Seniors 4pm HIIT	19 8:30am variety
 20/27	21/28 5:45am hiit 8:30am circuit 9:30am Seniors 4pm Cardio Core 5:30pm TRX	22/29 6:30pm Barre	23/30 5:45am circuit 8:30am HIIT 9:30am Seniors 4pm HIIT 5:30 TRX	24 Happy Thanksgiving!	25 Shop til you Drop Local!	26 8:30am Turkey Tabata



NOVEMBER 2022 Happy Thanksgiving & Maintain Don't Gain Challenge

