

NOVEMBER 2025

HUNTINGTON POINTE FITNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



NEW

9:00-9:50AM
STRENGTH
SEPTEMBER

8:30-9:20 AM
CHAIR SCULPT
SHARON

8:30-9:20 AM
AEROBICS
BENY

8:30-9:20 AM
20/20/20
SHARON

9:30-10:30 AM
WATER
AEROBICS
JUDY

10:00-11:00AM
WATER
AEROBICS
SEPTEMBER

9:30-10:30 AM
WATER
AEROBICS
SEPTEMBER

9:30-10:30 AM
WATER
AEROBICS
HAPPY

9:30-10:30 AM
WATER
AEROBICS
AMY

10:00-11:00 AM
WATER
AEROBICS
MICAH



1:00-1:50 PM
TAI CHI
BEBE

11:00-11:50 AM
CHAIR YOGA
ALEX

11:00-11:50 AM
FUNCTIONAL
FITNESS
BENY

11:00-11:50 AM
CHAIR YOGA
LEIZA

2:00-2:50 PM
TAI CHI
BEBE



12:00-12:50 AM
SENIOR PLUS
CHAIR YOGA
ALEX

3:15-4:05 PM
BALANCE
JONATAN

4:15-5:05 PM
BALANCE
JONATAN

4:15-5:05 PM
BALANCE
JONATAN



UPCOMING HOLIDAY CLASS **CANCELLATIONS:**

11/26 WEDNESDAY -
PRE-THANKSGIVING

11/27 THURSDAY -
THANKSGIVING

11/28 FRIDAY -
THANKSGIVING (DAY AFTER)

12/24 WEDNESDAY -
CHRISTMAS EVE

12/25 THURSDAY -
CHRISTMAS DAY

12/31 WEDNESDAY -
NEW YEAR'S EVE



"It's not how much we give but how
much love we put into giving."

- MOTHER TERESA

