



# Novare Fitness™

▶ Renew ▶ Build a better you

## ActvFit™ Class Schedule

[www.novare-fitness.com](http://www.novare-fitness.com)

Katrina 717-676-2817

Time/Place	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 AM GOY*	<i>ActvKick™</i> Katrina  <i>ActvCamp™</i> Melissa	<i>ActvLift™</i> Melissa	<i>ActvStep™</i> Angie	<i>ActvLift™</i> Katrina	5:15 <i>ActvSpin™†</i> Katrina 5:30 <i>ActvMotion™</i> Melissa		
7-8 AM GOY						<i>ActvBall™</i> Katrina	<i>ActvSpin™</i> Norm
8-9 AM GOY						<i>ActvSpin™</i> Norm	
+5:15-6:15 PM Church Oct 1 <sup>st</sup> – Dec 28, 2009							
7-8 PM GOY			<i>ActvSpin™</i> Katrina				

**Weekend Instructors** – Our awesome team will rotate on Saturday.

***All skill levels are welcome!! Join us for fun, friendship and fitness!!***

\* **GOY:** Gymnastics of York, 2615 Course Rd, York, PA 17403

\*\***Church:** Salem Lutheran Church, Grove Building, 99 York Road at Church Street, Jacobus, PA 17407  
The Grove Building is behind the church. Go through the cemetery, into the grove of trees.  
Bring towel, water and mat.

† *ActvSpin™* Bring towel and water! Arrive 10 minutes early to set up bike!

Updated November 15, 2009