



KEEP CALM AND EXERCISE

# NIRD FITNESS NOVEMBER 2016



Sign up now for Bootcamp with Ashlie! Sign up and pay in advance. Don't talk about it.....Be about it!!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>ORDER YOUR NIRD FITNESS SHIRT TODAY!</b></p>		<p>1 CIZE LIVE with Ashlie 5:30  Zumba Fitness with Melinda 6:30</p>	<p>2  Ball-Fit with Ashlie 4:30</p>	<p>3  Kuttin up with Kettleballs with Ashlie 5:30</p>	<p>4  <b>Boot camp 6 pm</b></p>	<p>5  Zumba Fitness with Melinda at 9am  <i>Jeanerette LIVE Downtown Demo at 11:30 AM</i></p>
<p>6  <b>Boot camp 8 am</b></p>	<p>7  Cardio Kick with Ashlie 5:30  Zumba Fitness with Melinda 6:30</p>	<p>8  Cardio Combo with Ashlie 5:30 Zumba Fitness with Melinda 6:30 <b>At the Steamboat Pavilion ELECTION DAY</b></p>	<p>9  Tabata Turn up with Ashlie 4:30</p>	<p>10  CuRobiks with Ashlie 5:30 <b>At the Steamboat Pavilion</b></p>	<p>11  <b>Boot camp 6 pm</b></p>	<p>12  <b>NO CLASS</b>  <i>Christmas Vendor Event</i>  <b>Boot camp 8 am</b></p>
<p>13  <b>ORDER YOUR NIRD FITNESS SHIRT TODAY!</b></p>	<p>14  CIZE LIVE with Ashlie 5:30</p>	<p>15  Kuttin up with Kettleballs with Ashlie 5:30  Zumba Fitness with Melinda 6:30</p>	<p>16  <b>NO CLASS</b></p>	<p>17  Hip Hop with Ashlie 5:30 <b>At the Steamboat Pavilion</b>  <i>Pancake Supper</i></p>	<p>18  </p>	<p>19  <b>Wobble B4U Gobble ZUMBA PARTY</b> <i>Purchase your ticket for only \$5 and two cleaning supplies !!</i></p>
<p>20  <b>Boot camp 8 am</b></p>	<p>21  Ball-Fit with Ashlie 5:30  Zumba Fitness with Melinda 6:30</p>	<p>22  Tabata Turn up with Ashlie 5:30  Zumba Fitness with Melinda 6:30</p>	<p>23  Barre Werk with Ashlie 4:30  Zumba Fitness with Melinda 5:30</p>	<p>24  </p>	<p>25  <b>FITNESS BOOT CAMP</b></p>	<p>26  </p>
<p>27  <b>ORDER YOUR NIRD FITNESS SHIRT TODAY!</b></p>	<p>28  Kuttin up with Kettleballs with Ashlie 5:30  Zumba Fitness with Melinda 6:30</p>	<p>29  Zydecorobics/Spiritual Stretching with Ashlie 5:30</p>	<p>30  Mix it Up with Ashlie 4:30</p>	<p></p>	<p></p>	