

# NO EXCUSE NOVEMBER

**NO EXCUSES this holiday season!**

Ditch the excuses this month with our 4-week **NO EXCUSE Fitness Plan** that's guaranteed to make you sweat and get you ready for the holidays. The Fitness Plan is a combination of ARC Group X classes and On Demand classes.

#NOEXCUSENOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAY 1</b> <b>BODY PUMP</b> 5:30PM-6:30PM	<b>DAY 2</b> <b>YOGA</b> 5:30PM-6:30PM	<b>DAY 3</b> <b>REST/WALK</b>	<b>DAY 4</b> <b>TOTAL BODY ART</b> <small>FITNESS ON DEMAND</small>	<b>DAY 5</b> <b>CARDIO KICKBOXING 1</b> <small>FITNESS ON DEMAND</small>	<b>DAY 6</b> <b>REST/WALK</b>	<b>DAY 7</b> <b>ZUMBA</b> 9:30AM-10:30AM
<b>DAY 8</b> <b>BODY COMBAT</b> 9:00AM-10:00AM	<b>DAY 9</b> <b>ZUMBA</b> 6:30PM-7:30PM	<b>DAY 10</b> <b>REST/WALK</b>	<b>DAY 11</b> <b>YOGA INFERNO-WORKOUT 2</b> <small>FITNESS ON DEMAND</small>	<b>DAY 12</b> <b>HITLATES</b> <small>FITNESS ON DEMAND</small>	<b>DAY 13</b> <b>REST/WALK</b>	<b>DAY 14</b> <b>ZUMBA</b> 9:30AM-10:30AM
<b>DAY 15</b> <b>YOGALATES</b> 6:45PM-7:45PM	<b>DAY 16</b> <b>STRENGTH &amp; BONE DENSITY</b> 12:00PM-1:00PM	<b>DAY 17</b> <b>REST/WALK</b>	<b>DAY 18</b> <b>30-MINUTE RELAX &amp; RESTORE</b> <small>FITNESS ON DEMAND</small>	<b>DAY 19</b> <b>BODYSHRED™ RIPPED CORE</b> <small>FITNESS ON DEMAND</small>	<b>DAY 20</b> <b>REST/WALK</b>	<b>DAY 21</b> <b>ZUMBA</b> 9:30AM-10:30AM
<b>DAY 22</b> <b>BODY PUMP</b> 5:30PM-6:30PM	<b>DAY 23</b> <b>CORE</b> 5:30PM-6:15PM	<b>DAY 24</b> <b>REST/WALK</b>	<b>DAY 25</b> <b>30-MINUTE ALL-LEVELS CARDIO DANCE WORKOUT</b> <small>FITNESS ON DEMAND</small>	<b>DAY 26</b> <b>HARD BODY - WORKOUT 1</b> <small>FITNESS ON DEMAND</small>	<b>DAY 27</b> <b>REST/WALK</b>	<b>DAY 28</b> <b>ZUMBA</b> 9:30AM-10:30AM

