



## **October** **Saturday Class Lineup**



### **October 7<sup>th</sup>**

8- Cycling- Jamilia

9- Zumba - Mae

9- Water Fit- Kellie

10:15- Yoga-Tracy

### **October 14<sup>th</sup>**

7- **STEP** - Robin

8- Cycling- Brittany

9- **Les Mills GRIT strength**

*(Guest les mills presenter)*

9- Water Fit- Crystal

10:15- Yoga- Ricardo

### **October 21<sup>st</sup>**

8- Cycling- Mayra

9- **BODYPUMP launch** 

9- Water Fit- Crystal

10:15- Yoga-Marilyn

### **October 28<sup>th</sup>**

7- **STEP** - Robin

8- Cycling- Kristi

9- **STRONG** by

**Zumba- Victoria**

*(Halloween Theme Wear)*

9- Water Fit- Crystal

10:15- Yoga- Marilyn

