

OCTOBER SCHEDULE

SCHEDULE SUBJECT TO CHANGE. Appointments are not necessary to attend fitness classes. All aquatic programs and lap swim require appointments. Masks or face shields must be worn indoors only, even during class.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	BODYPUMP (Teresa)		Cycling (Mayra)			
7:10am		*BODYPUMP OUTDOORS (Michele)		*BODYPUMP OUTDOORS (Michele)		
8:00am			*Cycling (Michele)			Cycling (Variety)
8:15am	*Cycling (Cynthia)	*Cycling (Kristin)			*Cycling (Cynthia)	
9:00am	*Zumba (Jin)	*PiYo (Allison)	*High Fitness Aerobics (Kirsten)	*PiYo OUTDOORS (Allison)	*Zumba (Jin)	
9:00am			*Cardio/Muscle/Mind (Laura) Small bball court			
10:30am	Yoga (Ester)		Yoga (Ester)			Yoga (Variety)
11:00am		Strength & Balance (Sally)		Strength & Balance (Sally)		
4:00pm	*Zumba (Ellen)	*Zumba (Irene)				
5:30pm	*BodyCombat (Jen/Karin)	*BODYPUMP (Teresa)	Zumba (Lindsay)	BODYPUMP (Jamilia)		
	*Cycling (Jamilia)		Cycling (Jamilia)			
6:30pm		Yoga (Ester) ACTIVITIES ROOM		Yoga (Tracy) ACTIVITIES ROOM		

***Free Kid's Corner Babysitting Available**