

# OCTOBER FITNESS CLASS SCHEDULE

**SCHEDULE SUBJECT TO CHANGE.** - Appointments are not necessary to attend fitness classes.

Kids Corner



Childcare Available: Monday-Sat AM: 08:00-12:00pm / Monday-Thursday PM: 4:00-7:00pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45am		BODYPUMP 45 mins (Michele H)		BODYPUMP 45 mins (Michele H)		
7:30am		30 Min. FlexFlow Stretch (Michele H)		30 Minute Stretch (Michele H)		
8:00am						*Dealer's Choice
8:00am						*Cycling (Variety)
8:15am		BODYPUMP 45 mins (Michelle S)	BarreFusion (Ciera)			
8:15am	*Cycling (Cynthia)		*Cycling (Jannah)		*Cycling (Cynthia)	
9:00am	*Pickleball Open Play 9-11am	*Pickleball Open Play 9-11am	*Pickleball Workshop (Joe & Lisa)	*Pickleball Open Play 9-11am	Y Strength (Mary) Functional Fitness area	
9:00am	*BODYPUMP (Kirsten T)	*SOULfusion (Allison)	*Power Sculpt (Jenn)	*SOULfusion (Allison)	*Zumba (Ellen)	*Dealer's Choice
9:00am		*Cycling/9:45 AbLab (Mary)		*Cycling/9:45 AbLab (Mary)		
10:00am	*BarreFusion (Ciera)	*Mat Pilates (Bobbie)		*Mat Pilates (Mia/KirstenS)	*Mat Pilates (Bobbie)	
10:30am			*Yoga (Ester)			*Yoga (Variety)
11:00am	*Yoga (Ester)	*Strength & Balance (Sally)		*Strength & Balance (Sally)	*Yoga (Ester)	
4:30pm	*Zumba (Donna)	*Zumba (Irene)	*SOULstrength (Allison)	*Zumba (Kristin)		
5:30pm	*Power Sculpt (Mary)	*BODYPUMP (Jen)	*Zumba (Lindsay)	*BODYPUMP (Jannah)		
5:30pm	*Cycling (Jannah/Jen)	*Cycling (Hayley)	*Cycling (Gina)			
6:30pm	Body Combat 45 mins (Karin)		BODYPUMP (Teresa)			
6:45pm		Yoga (Nicole)		Yoga (Nicole)		