



# October



Monday (5:30am-8:00pm)				Tuesday (5:30am-8:00pm)				Wednesday (5:30am-8:00pm)			
5:45am	Early Bird Burn	Tassie	S1	6:30am	Pilates	Karen	S2	5:45am	Early Bird Burn	Karen	S1
6:00am	Cycle	Katina	S2	8:00am	Super Sculpt	Dana	S1	6:00am	Cycle	Katina	S2
8:00am	YogaFaith	Jamie	S1	9:10am	High Fitness	Victoria/Meghan	S1	8:00am	YogaFaith	Jamie	S1
8:30am	Cycle	Mindy	S2	9:10am	Step +	Dana	S2	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Katy	S1	9:15am	Movement Based	Beth	MP	9:00am	Posture Perfect	Beth	MP
10:00am	Aqua Fitness	Sara	Pool	10:15am	Body Sculpt	Sara	S1	9:10am	Cardio Kickboxing	Katy	S1
10:15am	Yoga	Sondra	S1	10:20am	Yoga 2	Gina M.	S2	10:00a	Aqua Fitness	Maureen	Pool
11:30am	Tai Chi-Chen Style	Florin	S1					10:15a	Yoga	Sondra	S1
12:00p	High Fitness	Victoria/Jo	MP					11:30a	Tai Chi-Beginner	Florin	S1
12:30p	MRA	Sara	S1					12:00p	High Fitness	Meghan/Nan	MP
5:30pm	Masters Swim		Pool								
5:30pm	Pilates	Karen	S2	4:30pm	Pickleball Open Play <b>4:00-7:30pm</b>	Gym		4:30pm	Pickleball Open Play <b>4:30-7:30pm</b>	Gym	
6:30pm	YogaFlow	Karen	S2	6:00pm	Dance Explosion	Karen	S1	6:00pm	Yoga	Sondra	S1
Thursday (5:30am-8:00pm)				Friday (5:30am-8:00pm)				Saturday (8:00am-6:00pm)			
5:45am	High Fitness	Olivia	MP	5:45am	Early Bird Burn	Karen	S1	8:30am	High Fitness	Camilla	S1
6:30am	Body Sculpt	Sara	S1	6:00am	Cycle	Rena	S2	8:30am	Yoga Detour	Natalie L.	MP
8:00am	Super Sculpt	Dana	S1	7:45am	Pilates	Karen	S1	9:00am	Pickleball Open Play <b>9:00a-12:00p</b>	Gym	
9:10am	High Fitness	Victoria/Meghan	MP	8:30am	Cycle	Mindy	S2	10:00a	Dance Explosion	Karen	S1
9:10am	Barre Bootcamp	Katy M.	S1	9:10am	Connective Stretch	Beth	MP	11:15a	Total Body Conditioning	Danielle	S1
10:15am	Body Sculpt	Sara	S1	9:10am	Chisel	Tassie	S1				
11:00a	Yoga Flow	Karen	MP	10:00am	Aqua Fitness	Sara	Pool	Sunday (2:00pm-6:00pm)			
12:p	Chair Yoga	Karen	MP	10:15am	Posture Perfect	Beth	MP	2:00pm	Pickleball Open Play <b>2:00-6:00pm</b>	Gym	
5:30pm	Masters Swim		Pool	10:15am	Zumba	Jae	S1				
5:45pm	Wall Pilates	Karen	S2	11:30am	Tai Chi-Chen Style	Florin	S1				
6:30	Yoga Flow	Karen	S2	12:30pm	MRA	Sara	S1				