



10/30/2017 MONDAY	10/31/2017 TUESDAY	11/1/2017 WEDNESDAY	11/2/2017 THURSDAY	11/3/2017 FRIDAY	11/4/2017 SATURDAY	11/5/2017 SUNDAY
5:45AM VICKY 			6:00AM VICKY 		8:00AM KAREN 	8:00AM CHRISSY FREE-STYLE STEP
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA 		8:15AM JEN	9:00AM CHRISSY	9:00AM DARREN
Low Impact 30	Kickboxing 30			Muscles	KICKBOXING CIRCUITS	
8:45AM JEN	8:45AM CHRISSY					
Pilates 30	Muscles 30					
9:30AM NIKKI	9:30AM AMBER 	9:30AM LAUREN	9:30AM JEN	9:30AM BRISA	10:05AM REBECCA 	
CARDIO CIRCUITS		MUSCLES	SWEAT	Zumba		
10:35AM JEN	12:00PM BRISA	12:00PM JEN	11:00AM REBECCA		11:10AM REBECCA	4:00PM JEN
Foam Roller & Stretch	Zumba	ABS 30	Zumba Gold		Zumba	LOW /SCULPT
12:15 PM MARTHA 		12:30PM JEN LOW IMPACT 30	12:15PM REBECCA 		<p>HAPPY HALLOWEEN! <i>"SPOOKY SPIN"</i> 10/31 AT 9:30AM</p> <p><u>PLEASE NOTE THAT THERE WILL BE AN ABBREVIATED SCHEDULE THE EVENING OF 10/31</u></p>	
4:30PM DARREN 		4:30PM CHRISSY Muscles		4:30 PM BRISA ZUMBA STRONG		
5:30PM AMBER 	5:30PM REBECCA 	5:30PM CHRIS M CARDIO DANCE	5:30PM DARREN 			
			6:00PM SABRINA 			
		6:30PM BRADEN Zumba	6:30PM ANN 			
	HAPPY		7:00PM ANN 			
	HALLOWEEN!					

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	6:00AM	6:00a Ward	6:00AM			
OPEN YIGA	OPEN YOGA	OPEN YOGA	OPEN YOGA			
			8:15AM JEN Pilates		9:15AM Lora Begin/Interm Yoga	
9:45am Nikki Beg./Int.				9:30AM TONY Power Yoga	10:30AM Sheila Gentle/BeginYoga	10:30AM Steve Begin/Interm Yoga
11:00am SHEILA Gentle	11:00AM SHEILA Gentle/BeginYoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/BeginYoga	11:00AM Margee Gentle Yoga		
		12:15PM Anne Deep Stretch Slow Flow		12:15PM MARGEE Deep Stretch Slow Flow		
						4:00PM LORA Begin/Interm Yoga
6:00pm Loretta Beg./Int.		6:00PM TONY Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			5:30pm Tony Intermediate

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM CINDY N SPIN	5:30AM JODEE SPIN	5:45AM KATHY SPIN	6:00AM VICKY SPIN	8:05AM MARTHA 	8:05AM LISA B SPIN
9:30AM JEN 	9:30AM JEN SPoOKY SPIN	9:30AM JULIE 		8:30AM NIKKI SPIN	9:15AM LISA B SPIN	
12:15PM TIFFANY SPIN	12:15PM MARTHA 	12:15PM MARYBETH SPIN	12:15PM MARTHA 			
				12:15PM KATHY SPIN		
6:00PM LISA B. SPIN	NO CLASS HAPPY HALLOWEEN!	6:00PM MARTHA 				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KATIE Water Fitness	8:30AM KATIE Water Fitness	8:30AM ANNA Water Fitness	9:00AM DAVID Water Works	
9:45-10:30AM Open Water	9:45AM TABITHA Gentle Aqua	9:45AM KATIE Gentle Aqua	9:45-10:30AM Open Water			