



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
LOCATION: A- Studio A B- Studio B C- Studio C F- Functional Area T- Track		SPOOKY SPECIAL \$75 punch cards		1 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		2 A 5:30a Power Hour Jodie T 6:30a TRX Jodie B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie B 5:00p Pilates Angel A 6:00p ZUMBA Angel		3 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30p Step and Sculpt John		4 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay C 8:15a Wheel Results Mel A 9:00a All Levels Yoga Margree A 10:00a Barre-lates Elizabeth A 12:00a Bootcamp Jamie A 5:00p Jungle Body Angel		5 A 7:45a Saturday Strong Jodie A 8:45 Stretch & Relax Jodie C 9:00a Cycle Phillip							
				NEW CLASS!! 5p Pilates with Angel		<i>Barre + Pilates</i> fusion class with Elizabeth at 10a													
								6 No 2p Yoga		7 T 5:30a Track Intervals Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie C. F 5:00p Power Hour John C 5:30p Cycle Jamie W.		8 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		9 A 5:30a Power Hour Wanda T 6:30a TRX Jodie B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie B 5:00p Pilates Angel A 6:00p ZUMBA Angel		10 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30p Step and Sculpt John		11 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Lisa C 8:15a Wheel Results Mel A 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth A 5:00p Jungle Body Angel	
								13 A 2:00p Yoga Margree C 3:00p Cycle Phillip		14 T 5:30a Track Intervals Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie C. F 5:00p Power Hour John C 5:30p Cycle Jamie W.		15 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA PINK Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		16 8A STEP & SCULPT A 5:30a Power Hour Phillip T 6:30a TRX Jodie A 8:00 Step and Sculpt Wanda B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie B 5:00p Pilates Angel A 6:00p ZUMBA PINK Angel		17 No 8:15A Cycle C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30p Step and Sculpt John		18 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay C 8:15a Wheel Results Mel A 9:00a All Levels Yoga Margree A 10:00a Barre-lates Elizabeth A 12:00a Bootcamp Timothy A 5:00p Jungle Body Angel	
								party in pink Tuesday 10/15 Zumba Gold 9:30p Wednesday 10/16 Zumba 6p WEAR PINK FOR BREAST CANCER AWARENESS		19 A 7:45a Saturday Strong Jodie C 9:00a Cycle Wanda A 10:00a All Levels Yoga Margree		Smoking Cessation Open Group 5:30p		Diabetes Education Class 12:15p 					
								20 A 2:00p Yoga Nidra Lisa C 3:00p Cycle Mel		21 T 5:30a Track Intervals Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie C. F 5:00p Power Hour John C 5:30p Cycle Phillip		22 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		23 8A STEP & SCULPT A 5:30a Power Hour Phillip T 6:30a TRX Jodie A 8:00 Step and Sculpt Wanda B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie B 5:00p Pilates Angel A 6:00p ZUMBA Angel		24 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30p Step and Sculpt John		25 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Lisa C 8:15a Wheel Results Mel A 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth A 12:00a Bootcamp Jamie A 5:00p Jungle Body Angel	
								Worship on wheels with Mel at 3p		26 A 7:45a Saturday Strong Jodie C 9:00a Cycle Dana A 10:00a Yin Yoga Lisa		8A STEP & SCULPT WANT IT TO BE A REGULAR CLASS? COME TRY IT OUT ON 10/16 & 10/23		EFFECTIVE 9/1/2024 A fee of \$5 will be charged to your account if you do not attend a class you've registered for or fail to cancel your reservation within TWO hours prior to the class start time.					
27 A 2:00p Yoga Stretch Lisa C 3:00p Cycle Dana		28 T 5:30a Track Intervals Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie C. F 5:00p Power Hour John C 5:30p Cycle Jamie W.		29 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		30 A 5:30a Power Hour Jodie T 6:30a TRX Jodie B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie B 5:00p Pilates Angel A 6:00p ZUMBA Angel		31 HALLOWEEN C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Spooky Spin Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30p Step and Sculpt John		Nutrition for Healthy Living Class 5:30p									
 Wear your Halloween costumes on 10/31		<h1>OCTOBER</h1>																	