



SEPTEMBER 27TH - NOVEMBER 7TH

SCHEDULE *Class*

Purple: Community Room

Red: Spin Room

Blue: Pool Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6am Spin w/ Paul	8am ZUMBA w/ Emily	6am Spin w/ Tim	8am ZUMBA w/ Emily	8am Pilates w/ Elaine	8am Spin w/Lisa Oct 3 Oct 17 Oct 31	
	8 am Yoga w/ Erin		8am Yoga w/ Erin				
NOON	9am Zumba GOLD w/ Becky		9am Sept Take a walk w/Becky in Gym	9am Pilates w/ Elaine	9am Take a Walk w/ Lisa	9am Dance Fitness w/ Cari 10am Aqua Mix w/ Cari	
	10am Functional Fitness w/ Cathy		10am Functional Fitness w/ Lisa				
PM	6:30 pm Dance Fitness w/ Cari	5:45pm Aqua Mix w/ Cari	6:30pm Dance Fitness w/ Cari	6pm Pilates w/ Jacey starting Oct 15th			
	6:30 pm Spin w/ Tim Ward		6pm Spin w/ Lisa				