



OCTOBER FITNESS CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Small Group Cycle & Strength w/ Kristen *		Sports HIIT Connor			
7:00 AM	Matt Pilates Marina	Total Body Blitz Steve	Matt Pilates Marina	Total Body Blitz Steve			
8:00 AM	Anusara Yoga Rita	Vinyasa Yoga Melissa	Yoga Sally	Yoga Melissa	Yoga Alexis	Abby LIIT	
9:00 AM	HIIT Brice	Tai Chi Brian - Bayview Terrace	HIIT Jessica	Tai Chi Brian - Bayview Terrace	HIIT Brice	Yoga & Meditation Wendy	Slow Flow Yoga Lisa
10:00 AM	TRX ** Jessica	Renewal Stretch Mimi	TRX ** Jessica	Zumba Lori	Renewal Stretch Kitty	Zumba Chrisie	
11:00 AM	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry		
12:30 PM	Chair Yoga Wendy	Chair Yoga Tracy	Chair Yoga Wendy	Chair Yoga Melissa	Chair Yoga Tracy		
5:30 PM	Mat Pilates Kitty		Mat Pilates Kitty	HIIT Abby			
6:30 PM		Yoga Danielle		Yoga Alexis			

**Registration required

**Limited spaces available