



OCTOBER FITNESS CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Sports HIIT Kristen		Sports HIIT Connor			
7:00 AM		Total Body Blitz Steve	Mat Pilates Marina	Total Body Blitz Steve			
8:00 AM	Anusara Yoga Rita	Vinyasa Yoga Rebecca	Yoga Sally	Vinyasa Yoga Rebecca	Yoga Wendy		Mat Pilates Rebecca
8:30 AM	Aqua Fitness Jessica	Aqua Fitness Wendy	Aqua Fitness Wendy	Aqua Fitness Wendy	Aqua Fitness Jessica		
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 Rebecca
10:00 AM	TRX Jessica *	Renewal Stretch Mimi	TRX Jessica *	Zumba Lori	TRX Jessica *	Zumba Chrisie	HIIT Abby
11:00 AM	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry		
12:00 PM	Chair Yoga Wendy		Yoga Wendy	Renewal Stretch Kitty	Renewal Stretch Kitty		
1:00 PM		Pilates Rebecca		Mat Pilates Kitty			
6:00 PM	Mat Pilates Kitty	HIIT Abby	Mat Pilates Kitty	HIIT Abby			
7:00 PM		Yoga Danielle		Yoga Wendy			

* Registration required, limited spaces available

** Class lengths vary from 45 to 55 minutes