

Group Fitness Classes October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u>	2 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	3 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(CS) <u>GL</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 9:30 Cycling(CS) <u>Ginger</u> 10:30 Stretch(CS) <u>Ginger</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Sheree</u> 4:30 Strength Tabata(CS) <u>CR</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u>	4 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u>	5 8:30 Cycling(CY) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
6 3:00 Gentle Flow Yoga (MB) <u>Dawn</u>	7 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u>	8 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>TBD</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u>	9 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	10 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Full Body Fusion(CS) <u>Amanda</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 Cycling(CS) <u>Amanda</u> 10:30 Stretch(CS) <u>Amanda</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Billie</u> 4:30 Strength Tabata(CS) <u>CR</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u>	11 8:00 Step (CS) <u>*No Class</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u>	12 8:30 Cycling(CY) <u>TBD</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u>
13 3:00 Gentle Flow Yoga (MB) <u>Billie</u>	14 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>No Class</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Billie</u> 9:30 Arms&Core(CS) <u>No Class</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>TBD</u>	15 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u>	16 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	17 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(CS) <u>Amanda</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 Cycling(CS) <u>Amanda</u> 10:30 Stretch(CS) <u>Amanda</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Strength Tabata(CS) <u>CR</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u>	18 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>TBD</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u>	19 8:30 Cycling(CY) <u>TBD</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u>
20 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	21 5:45 Tabata(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Jenn</u>	22 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u>	23 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	24 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(CS) <u>Donna</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 Cycling(CS) <u>Donna</u> 10:30 Stretch(CS) <u>Donna</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Strength Tabata(CS) <u>CR</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u>	25 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u>	26 8:30 Cycling(CY) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>

Group Fitness Classes October 2024

<p>27 3:00 Gentle Flow Yoga (MB) <u>Dawn</u></p>	<p>28 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Mason</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u></p>	<p>29 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u></p>	<p>30 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u></p>	<p>31 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(CS) <u>Donna</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 Cycling(CS) <u>Donna</u> 10:30 Stretch(CS) <u>Donna</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Strength Tabata(CS) <u>CR</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u></p>	<p>Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court CY=Cycling Studio</p>	
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