



**OCTOBER GROUP EXERCISE SCHEDULE**

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday			
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room			
	Cycle/Boot Camp 5:30-6:45 am Danielle /Michaela			Kettlebell 5:30-6:30 am Candace					P90X LIVE LIVE 5:15-6:15 am Emily				Cycle/Boot Camp 5:30-7 am Jen P.			Kettlebell 6:05-6:35 am Danielle K.				
	Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Jen K.	WAR 8:30-9:25 am Michaela		Just for You 9-9:30 am Lindsay		Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Lisa			Just for You 9-9:30 am Jen B.		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen/Beth					
Muscle Blast 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Shannon	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Amy	Just for You 9:45-10:15 am Jaime	Muscle Blast 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen/Diane	Just for You 9:45-10:15 am Amy G.	Cycle/Boot Camp 9:15-10:30 am Candace/Carol	Silver-Sneaker Classic 9-9:45 am	Just for You 9:45-10:15 am Emily	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	TURBOKICK LIVE 9-9:55 am Beth	POUND 9-9:55 am Michelle <i>*Limited Space</i>				
Oct. 3rd, 17th & 31st WAR Oct. 10th & 24th R.I.P.P.E.D 10-10:55 am Jen Kn.	Zumba®/Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marion		Chair Yoga 9:45-10:30 am Lindsay		Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Lisa	Just for You 10:30- 11 am Jen B	Cardio Sculpt 10:45-11:45 am Carol	Silver-Sneaker Yoga 9:45-10:30 am Julia		Total Body 10-10:55 am Melissa	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30- 11 am Tiffany	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Dawn				
Line Dancing 11:15 am-12:45 pm Julia	Silver&Fit Experience 11:15 am-Noon Marian	Just for You 11-11:30 am Jen K.	Cardio Sculpt 10:45-11:45 am Marian	Silver-Sneaker Circuit 10:30-11:15		Line Dancing 11:15 am-12:45 pm Julia	Silver-Sneaker Classic 11:15 am-Noon Deb	Just for You 11-11:30 am Jen B	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am		AXIS (Core Work) 11-11:30 am Carol	Silver&Fit Experience 11:15 am-Noon Deb			WAR 11-11:55 am Stacey				
												Line Dancing Noon-1:30 pm Marilyn								
P90X 5:30-6:25 pm Diane	PIYO LIVE 5:30-6:25 pm Amanda/Lisa		Pilates Barre Plus 5:30-6:25 pm Jen	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B	Gotta Tabata 5:30-6:25 pm Stacey	Hip Hop 5-5:55 pm Sierra		Intermediate Yoga 5-6:15 pm Janice	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p><b>Join our Wellness Challenge for October...</b></p> <p><b>Lazy Man Triathlon!</b></p> <p><b>Pick up a copy in our WELLNESS CENTER!</b></p> </div>					P90X LIVE 5-6 pm Emily			
TURBOKICK LIVE 6:30-7:25 pm Beth	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	Yoga 6:30-7:30 pm Nancy	Cycle/Boot Camp 6:30-7:45 pm Danielle K		Abs N'at 6:30-7 pm Stacey	WAR 6-6:55 pm Danielle K./Jen P.	Circuit PLUS 6-6:55 pm Rhonda	INSANITY LIVE 6:30-7:25 pm Corey	PIYO LIVE 6:30-7:25 pm Lisa										Water Boot Camp 6-7 pm Lap Pool Corey
RIP 7:30-8:30 pm Beth	POUND 7:30-8:25 pm Michelle <i>*Limited Space</i>					RIP 7-8 pm Beth	Beginner Yoga 7:30-8:30 pm Lindsay		Zumba® 7:30-8:30 pm Megan											