

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 5:15-6:15 am Danielle/ Michaela	Chair Yoga 7:15-7:45 am Meda		Holy Yoga Intermediate 6-7 am Kenda				Chair Yoga 7:15-7:45 am Meda		Holy Yoga Intermediate 6-7 am Kenda	WAR 5:30-6:30 am Gretchen			Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.	OUTDOOR BOOTCAMP 8-9 am Corey (back parking lot)	
	Silver-Sneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Darla	Beginners Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am Shannon		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Mixed Level Yoga 7:30-8:15 am Meda		Just for You 9-9:30 am Pamela		Silver-Sneakers Circuit 8-8:45 am Darla	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen	Yoga 8:15-9 am Rotation	
RIP 9-9:55 am Beth & Jen	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Pamela	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen P./ Diane	Just for You 9:45-10:15 am Pamela	Cycle/H.I.I.T with Yoga 9:15-10:30 am Candace/ Carol	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Pamela		TURBOKICK LIVE 9-9:55 am Beth	
NEW!! Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marian		Chair Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	Cardio Sculpt 10:45-11:45 am Carol	Chair Yoga 9:45-10:30 am Jenn B.		PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11 am Pamela	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Megan	
	Silver&Fit Experience 11:15 am- Noon Ali	Just for You 11:15-11:45 am Darla	Cardio Sculpt 10:45-11:45 am Marion	Silver-Sneaker Circuit 10:30-11:15 am Jenny P.	Breathing and Relaxation 10:45-11:15 am Jenn B.	Line Dancing 11:15 am- 12:45 pm Julia	Silver-Sneaker Classic 11:15 am- Noon Deb	Just for You 11:15-11:45 am Pamela	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am Jenn B.		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 11:15-11:45 am Pamela		Silver-Sneaker Classic 11:15 am- 12 pm Becky	
Line Dancing 11:15 am- 12:45 pm Julia														Happy Hour 12-1pm Pamela			
Beginners Yoga 4:30- 5:25pm Jenn B.									NEW!! Boxing Fusion5:25- 5:55 pm Danielle K.			<p align="center">October Wellness Running Incentive</p> <p>Join our 5k challenge to earn a YMCA winter cap! Complete a 5k on our treadmills, skill mills or track each week for 4 weeks and on the 5th week complete our Santa 5k! Incentive runs from October 1st through November 4th. Pre-registration is required.</p>					
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 5:30-6:25 pm Jen P.		Pilates Barre Plus 5:30-6:25 pm Stephanie.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	Tabata 5:30-6:40 pm Stacey			NEW!! H.I.I.T with Yoga 6-6:25 pm Danielle K.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz						
Zumba® 6:30-7:25 pm Margarita	TURBOKICK LIVE 6:30-7:25 pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Beginners Yoga 6:30-7:30 pm Nancy	NEW! Kids Yoga 6:30-7 pm Meda *Main Gym	Mixed Level Yoga 7:30-8:30 pm Fran	CORE DE FORCE LIVE 6-7 pm Jaclyn	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:30 pm Mallori							Dance Fitness 5:45-6:30 pm Shannon