

CLASS SCHEDULE - Week of October 26

Monday

515a: Upper Body Burn-Beth(MPR)\$5
9a: SG Barre-Diane (AR) \$5
9a: Crosstraining-Amanda (MPR)
5:15p: Strength&Cardio-Deidra(AR)\$5
615p: STRONG Teen SG-Jerrod(AR)\$5
615p: Cycling-Chris (MPR) \$2
615p: Turbokick-Beth (LC)

TUESDAY

515a: P90X-Jen (MPR)
9a: Strength&Cardio-Beth (AR) \$5
9a: Cardio Sculpt-Carol (MPR)
515p: Step Up-Rhonda (MPR)
5:15p: Upper Body Burn-Marisa(AR)\$5
6:15p: Butts&Guts-Marisa (AR) \$5
615p: Zumba-Joelle(MPR)

WEDNESDAY

515a: Cycling-Misty (MPR) \$2
9a: Kettlebell-Jen (AR) \$5
9a: PiYo-Diane (MPR)
5:15p: Tone Up-Marisa (AR) \$5
615p: Cycling-Mandy (MPR) \$2

THURSDAY

515a: Strength&Cardio-Beth(MPR)\$5
9a: Turbokick-Beth (MPR)
9a: Yoga-Carol (AR)
515p: Step Up-Rhonda (MPR)

FRIDAY

HALLOWEEN HOWLER

515a: Cycle Bootcamp-Marisa/Jen/Beth
9a: Butts and Guts/Step-Carol & Beth
515p: Happy Hour-Chuck/Marisa&Beth

Come DRESSED UP and win a raffle basket!

SATURDAY

7a: ABC Intervals-Diane (MPR) \$5
8:15a: Cycling-Renee (MPR) \$2
10a: Zumba- Megan (MPR)



KEY

MPR=Multi-Purpose Room
AR = Aerobic Room
LC = Life Center
V = Zoom Virtual Option



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