

OCTOBER

Monday				Tuesday				Wednesday			
6:00am	Cycle	Donna	Studio 2	7:00am	High Fitness	Natalie	Court 1	6:00am	Cycle	Maureen	Studio 2
6:00am	Early Bird Burn	Tassie	Outdoor	8:00am	Body Sculpt	Dana	Studio 1	6:00am	Early Bird Burn	Natalie	Outdoor
8:30am	Cycle	Mindy	Studio 2	9:15am	Movement Based Flexibility	Beth	Studio 1	8:30am	Cycle	Mindy	Studio 2
9:10am	High Fitness/Strength	Natalie	Court 1	10:15am	Body Sculpt	Sara C	Court 1	9:00am	Posture Perfect	Beth	Studio 1
10:00am	Aqua Fitness	Sara C.	Pool	10:20am	Yoga 2	Gina M.	Studio 1	9:10am	Barre Bootcamp	Katy	Court 1
10:15am	Yoga	Sondra	Studio 1	12:00pm	Pilates	Karen	Studio 1	10:00am	Aqua Fitness	Maureen	Pool
11:30am	Tai Chi-Chen Style	Florin	Studio 1	6:00pm	Total Body Conditioning	Danielle	Studio 1	10:15am	Yoga	Sondra	Studio 1
12:15pm	Moving Right Along	Bob	Court 1					11:30am	Tai Chi-Beginner	Florin	Studio 1
4:30pm	Masters Swim		Pool								
5:30pm	Masters Swim		Pool								
5:30pm	Barre Fusion	Karen	Studio 1								
Thursday				Friday				Saturday			
6:30am	Body Sculpt	Gina P.	Studio 1	6:00am	Cycle	Renae	Studio 2	8:30am	Good Morning Yoga	TBD	Court 1
7:00am	High Fitness	Natalie	Court 1	6:00am	Early Bird Burn	Tassie	Outdoor	10:00am	Dance Explosion	Karen	Studio 1
9:10am	Kickboxing	Katy M.	Court 2	8:00am	Pilates	Karen	Studio 1	11:15am	Total Body Conditioning	Danielle	Court 1
10:15am	Tone to the Bone	Sara C	Studio 1	8:30am	Cycle	Mindy	Studio 2				
12:00pm	Pilates	Karen	Studio 1	9:00am	Connective Stretch	Beth	Studio 1				
4:30pm	Masters Swim		Pool	10:00am	Chisel	Tassie	Court 1				
5:30pm	Masters Swim		Pool	10:15am	Posture Perfect	Beth	Studio 1				
6:30pm	Dance Explosion	Karen	Studio 1	11:30am	Tai Chi-Chen Style	Florin	Studio 1				
				12:15pm	Moving Right Along	Bob	Court 1				

