



GROUP FITNESS SCHEDULE
OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM		SPORTS & CONDITIONING MICHELLE STUDIO 2 7:30 - 8:15 A		H.I.I.T. CIRCUIT MICHELLE STUDIO 2 7:30 - 8:15 A	SPORTS & CONDITIONING MICHELLE STUDIO 2 7:30 - 8:15 A		
8:15 AM 8:30 AM 9:00 AM	BOOTCAMP DEB STUDIO 2 8:15 - 9:00 A	YOGA FLOW KELLY STUDIO 1 8:30 - 9:30 A	YOGA & PILATES FLOW AMY STUDIO 1 8:15 - 9:15 A <i>No class Oct 9 & 16</i>	YOGA FLOW KELLY STUDIO 1 8:30 - 9:30 A	H.I.I.T. CARDIO AMY STUDIO 2 9:00 - 9:20 A <i>No class Oct 11</i>	H.I.I.T. CIRCUIT JEN / AMY STUDIO 2 8:30 - 9:15 A	H.I.I.T. CIRCUIT JEN STUDIO 2 9:00 - 9:45 A <i>Last class Oct 13</i>
9:30 AM	SLOW FLOW VALERIE STUDIO 1 9:30 - 10:30 A	TOTAL BODY STRENGTH BUNNI / AMY STUDIO 2 9:30 - 10:30 A	DEEP STRETCH VALERIE STUDIO 1 9:30 - 10:30 A	ZUMBA® BUNNI STUDIO 2 9:30 - 10:30 A <i>Last class Oct 17</i>	DEEP STRETCH VALERIE STUDIO 1 9:30 - 10:30 A	MAT PILATES AMY STUDIO 1 9:30-10:30 A <i>No class Oct 12</i>	
				BOOTCAMP DEB STUDIO 2 9:45 - 10:30 A <i>Begins Oct 24</i>	TOTAL BODY STRENGTH AMY STUDIO 2 9:30 - 10:20 A <i>No class Oct 11</i>		
9:45 AM		RESTORATIVE YOGA DANIELLE 9:45 - 10:45 A		SLOW FLOW DANIELLE 9:45 - 10:45 A <i>No class Oct 17</i>			
10:45 AM			CORE FIT RHONDA STUDIO 2 10:45 - 11:15 A			FUNCTIONAL MOVEMENT + BALANCE RHONDA STUDIO 2 10:45 - 11:15 A <i>No class Oct 12</i>	SLOW FLOW + MEDITATION DANIELLE STUDIO 1 10:30 - 11:30 A <i>No class Oct 20</i>

Please note the above SPECIALTY PROGRAMS require registration in advance. Fees apply and advanced registration required.