








October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	3 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	4 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	5 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA yoga (Amy) 5:30 Cardio Acceleration (Rissa)	6 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	
8 	9 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	10 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	11 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Jessica) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Danielle) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	12 9:00 Body Pump (Jessica) 10:30 Fit for Life (Rissa) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob) 5:30 Cardio Acceleration (Rissa)	13 9:00 Zone Tone (Jessica) 10:30 iTone (Rissa) 10:45 SilverSneakers Cancelled 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	14
15	16 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	17 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa) 	18 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	19 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	20 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	21
22	23 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy)	24 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	25 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	26 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob) 5:30 Cardio Acceleration (Rissa)	27 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	28
29	30 <u>No Classes Center Closes @ 10am for Halloween Event</u> 	31 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)    	 HAPPY HALLOWEEN		