



October Fitness Calendar 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	6:10 A.M. Quick HIITer (Bre) 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy)	8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 5:00 P.M. Yoga (Kappy)	6:45 A.M. Gentle Yoga (Kappy) 9:30 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:30 P.M. Power Yoga (Kappy)	8:00 A.M. Spin Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 4:00 P.M. Beginner's Tai Chi (Rissa)	9:15 A.M. Zone Tone (Jessica) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 6:30 P.M. Power Hour (Bre)	8:10 A.M. Weekend Warrior (Bre)
8	9	10	11	12	13	14
	6:10 A.M. Quick HIITer (Bre) 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Power Yoga (Kappy)	8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 5:00 P.M. Yoga (Kappy)	6:45 A.M. Gentle Yoga (Kappy) 9:30 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:30 P.M. Power Yoga (Kappy)	8:00 A.M. Spin Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 12:15 P.M. Kids Yoga (Kappy) 4:00 P.M. Beginner's Tai Chi (Rissa) 5:00 P.M. Intro to Yoga (Kappy)	6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 6:30 P.M. Power Hour (Bre)	8:10 A.M. Weekend Warrior (Bre) 9:00 A.M. Zumba (Ariagna)
15	16	17	18	19	20	21
	6:10 A.M. Quick HIITer (Bre) 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy)	8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Kappy) 10:30 A.M. Chair Yoga (Kappy) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 5:00 P.M. Yoga (Kappy)	6:45 A.M. Gentle Yoga (Kappy) 9:30 A.M. Power Camp / Kettlebell (Jessica) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Chair Yoga (Kappy) 5:30 P.M. Power Yoga (Kappy)	9:00 A.M. Body Pump Flex and Define (Bre) 10:30 A.M. Chair Yoga (Kappy) 4:00 P.M. Beginner's Tai Chi (Rissa) 5:00 P.M. Intro to Yoga (Kappy)	6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zone Tone (Jessica) 10:30 A.M. iTone (Rissa) 10:45 A.M. Chair Yoga (Kappy) 6:30 P.M. Power Hour (Bre)	8:10 A.M. Weekend Warrior (Bre) 9:00 A.M. Zumba (Ariagna)
22	23	24	25	26	27	28
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29	30	31	<p>On Friday, October 27, the Pigeon Forge Community Center will be closing at 10:00 A.M. for our Halloween Spooktacular and Safety Day.</p> <p>Safety Day in PFCC Parking Lot: 3:00 P.M. - 7:00 P.M. Spooktacular Inside PFCC: 6:00 P.M. - 9:00 P.M.</p>			

This Schedule Is Subject To Change Based On Instructor Availability And Class Attendance